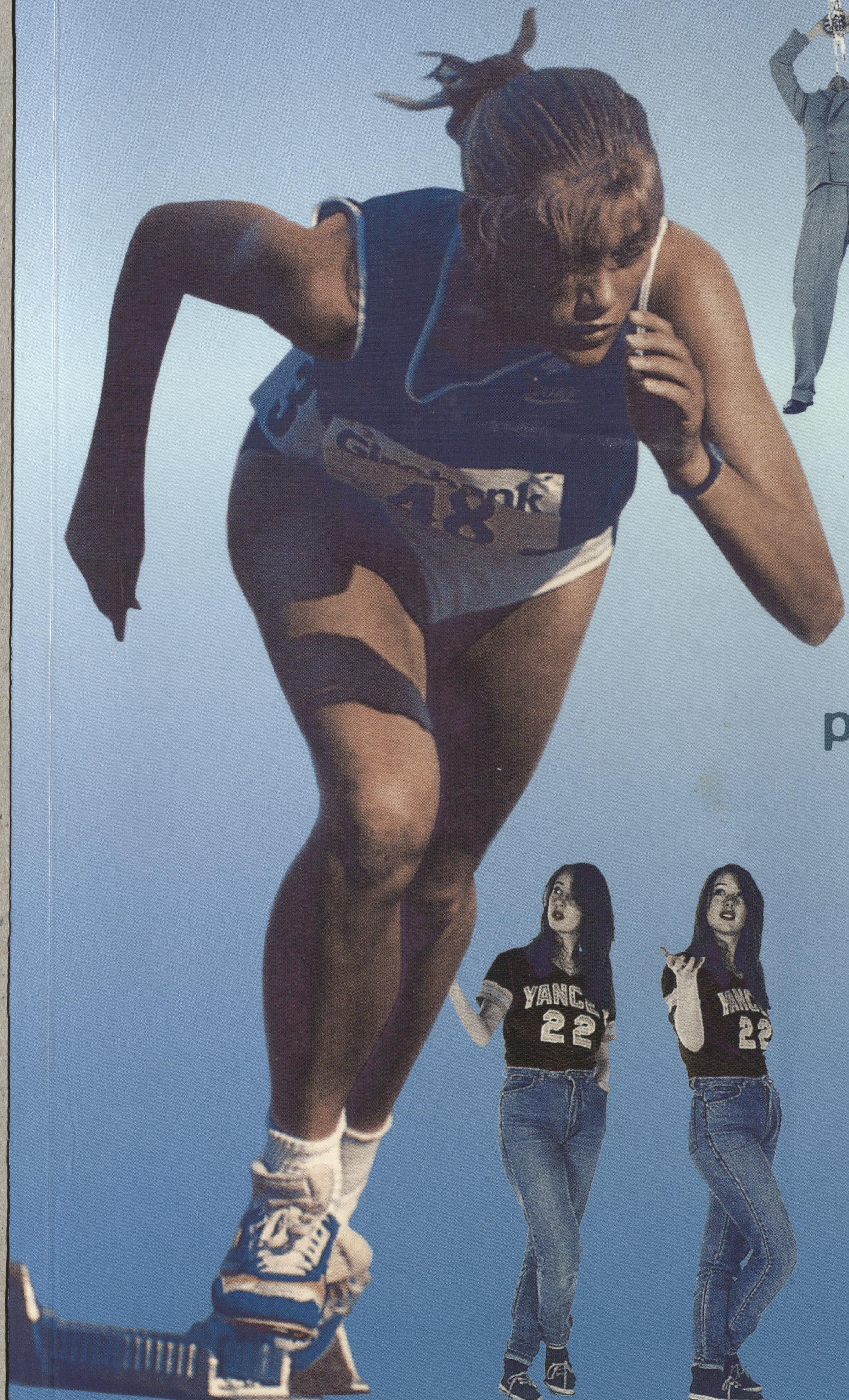
ILLUSTRATOR'S REFERENCE MANUAL

A life-class showing poses and activities from various angles



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angus

A QUANTUM BOOK

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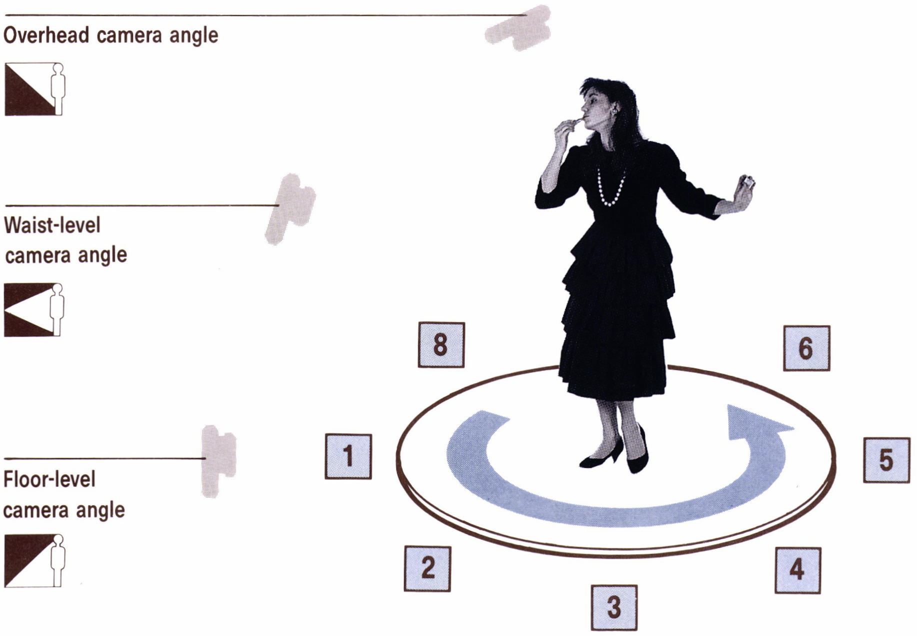
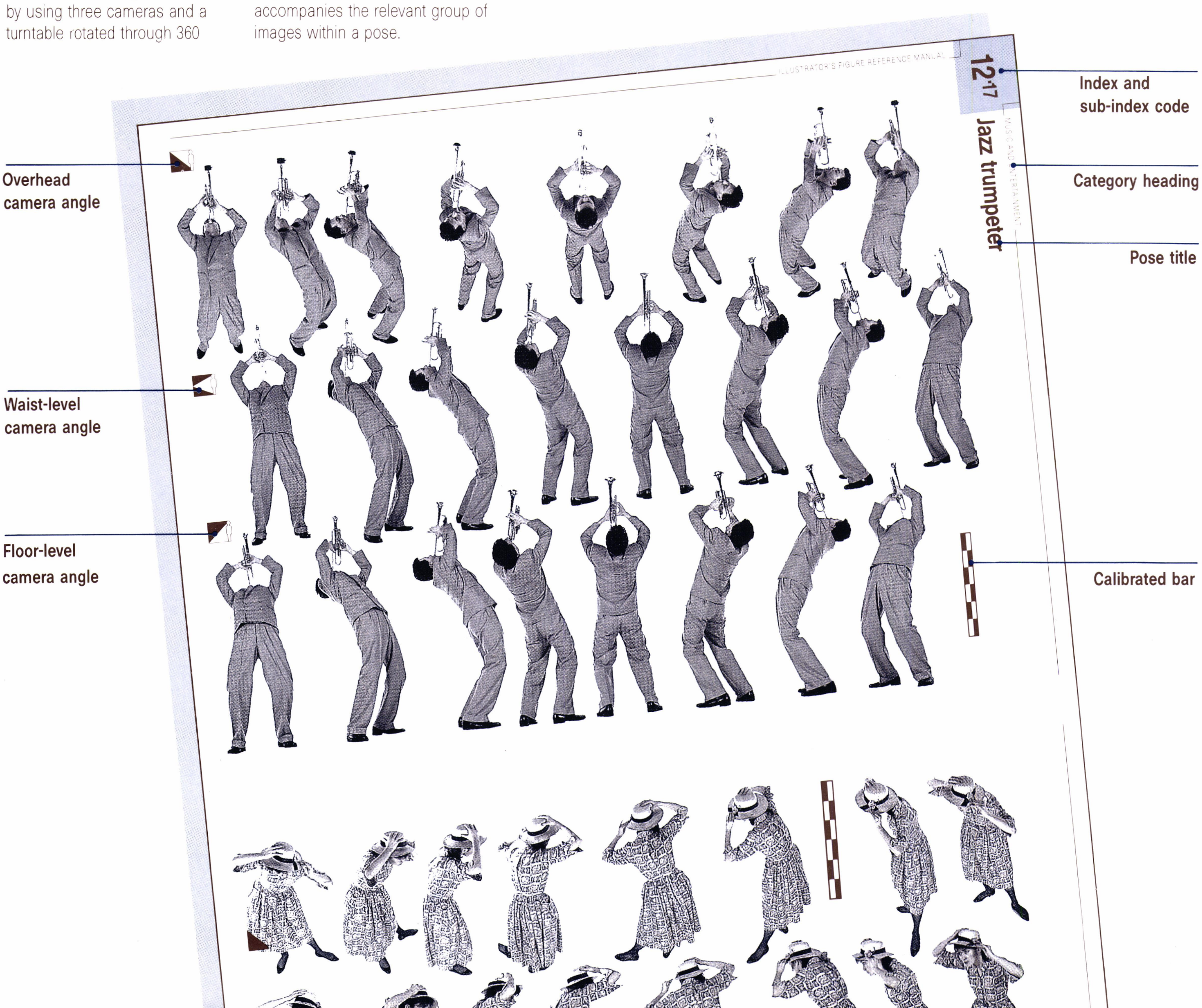
Using the figure reference manual



The ILLUSTRATOR'S FIGURE REFERENCE MANUAL comprises 250 "poses" categorized under 10 general headings. Each category has an "index code", and within each category each pose has a further "sub-index code" for ease of reference.

Each pose is presented from a maximum of 24 angles. In order to provide images of a size sufficiently large enough to be of use as a reference, some poses are presented in a different scale to others (although all images within a pose are presented in the same scale). In order to facilitate the drawing of composite poses a simple calibrated bar accompanies each pose. To draw a composite pose using elements from poses presented in different scales, simply use a visualizing camera to enlarge or reduce the calibrated bar on the relevant poses until a precise match is achieved. This will then ensure that the elements you require from different poses appear in the same scale.

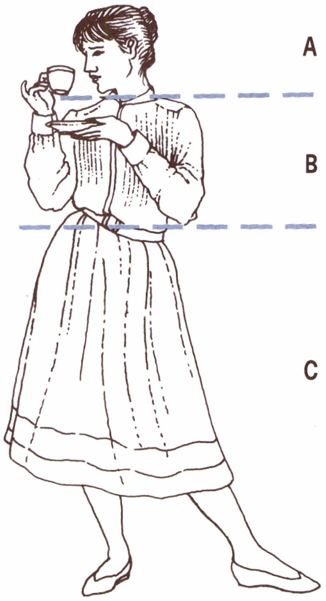
Each pose is presented from a maximum of 24 angles, achieved by using three cameras and a turntable rotated through 360 degrees (above). A simple camera angle symbol (above left) accompanies the relevant group of images within a pose.

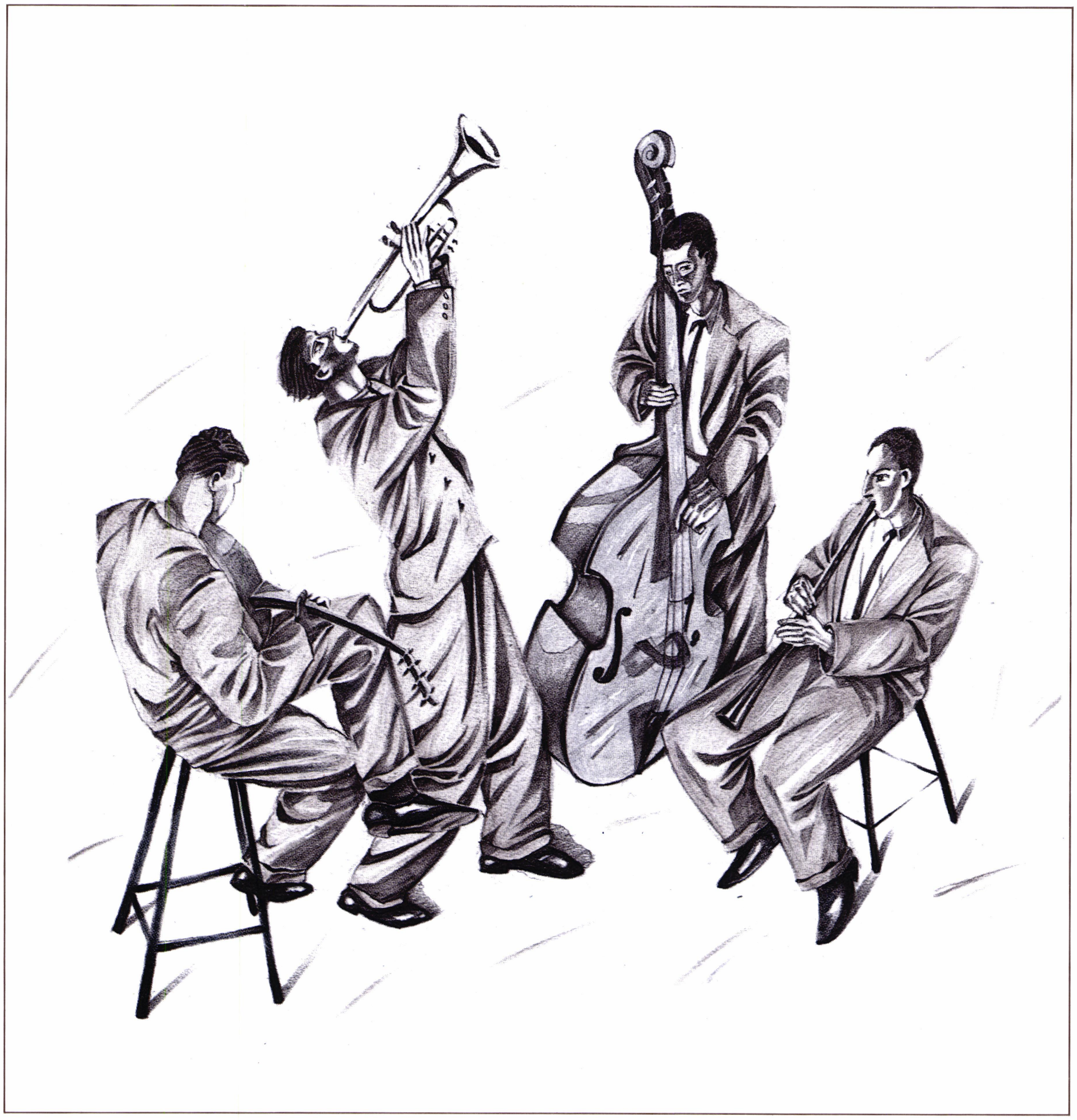


Pose A

Pose B

Pose C

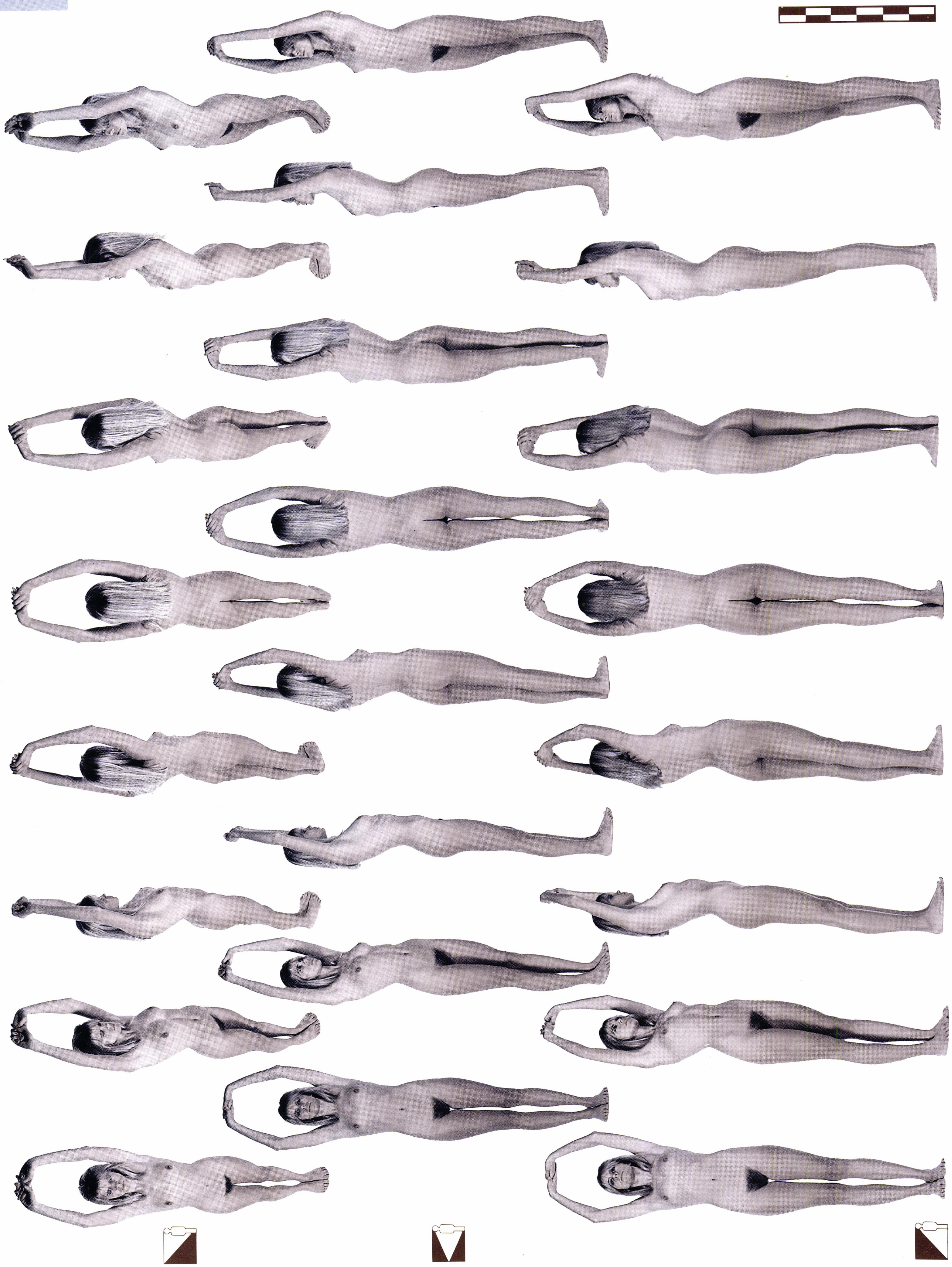




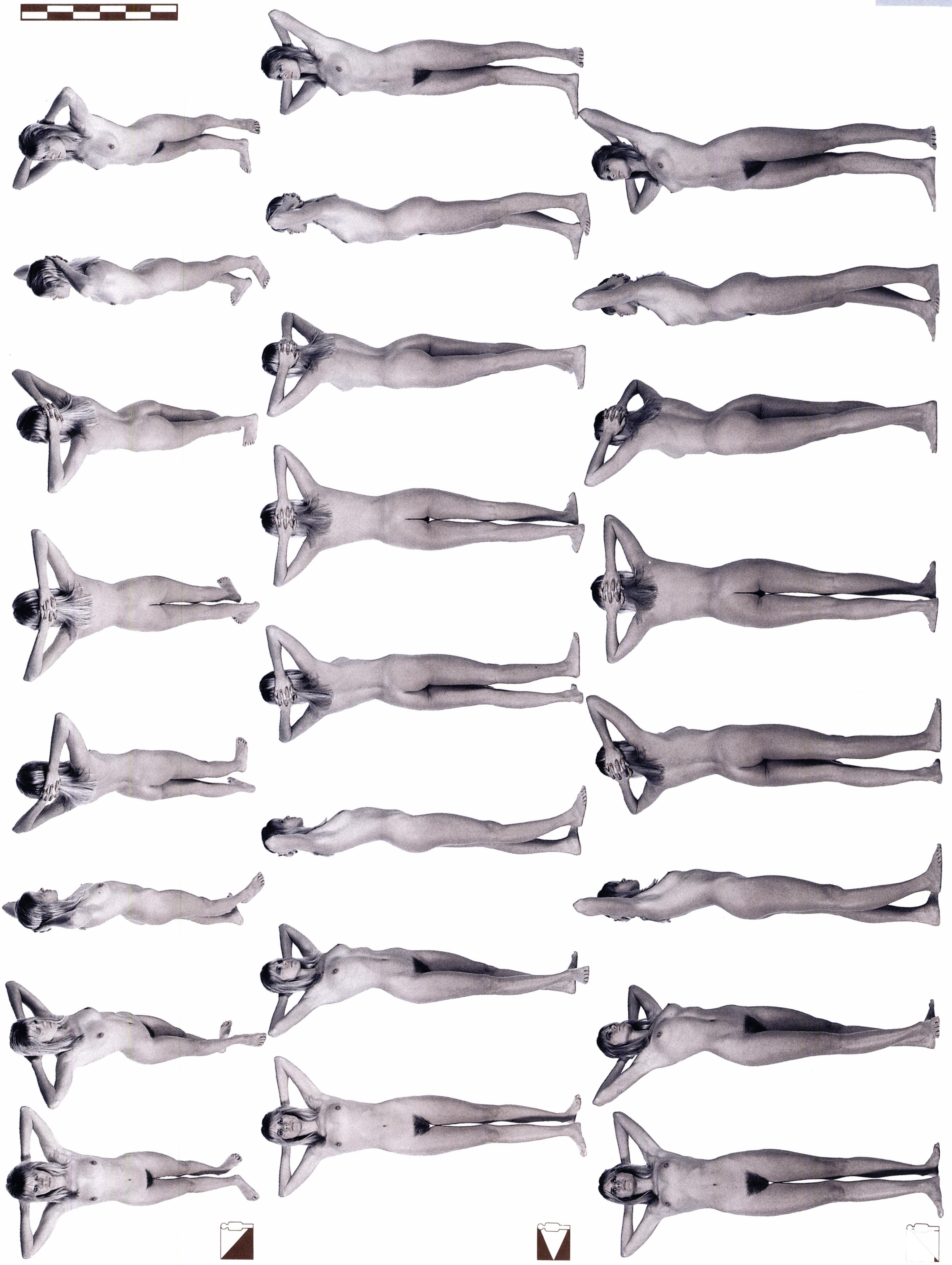
Composite figures (above) can be drawn using elements from different poses. The calibrated bar allows elements from poses presented in different scales to be combined.

Group illustrations (left) can easily be drawn. The calibrated bar accompanying each pose can be used to standardize the scales.

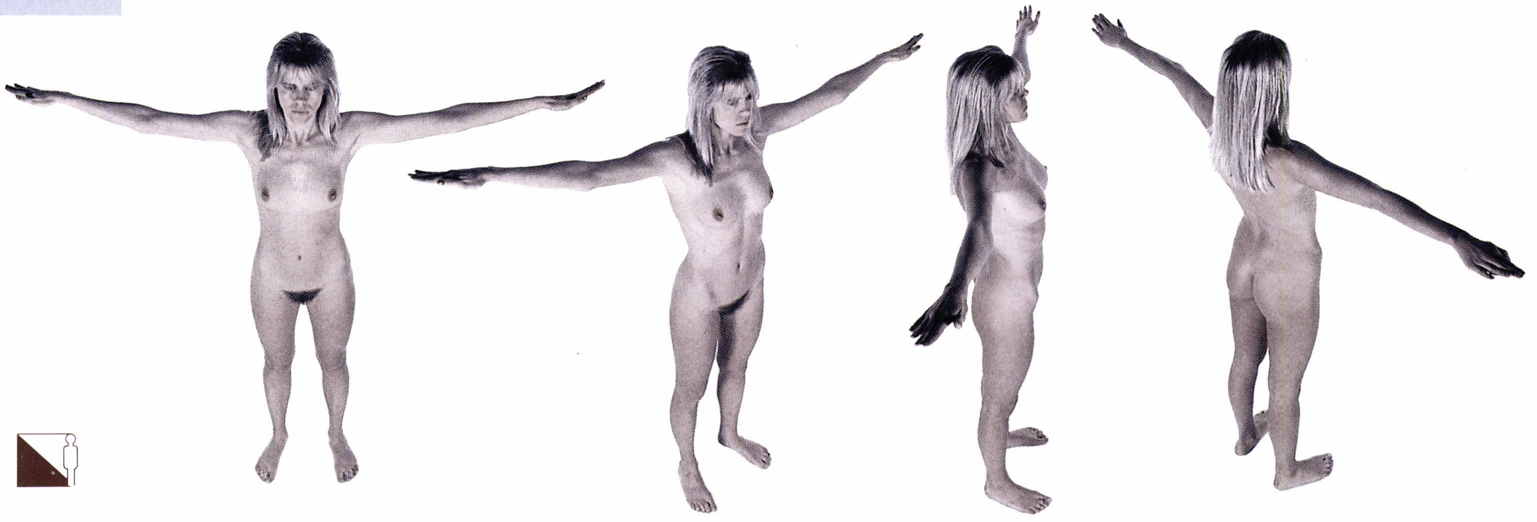
1·01 Arms stretched up

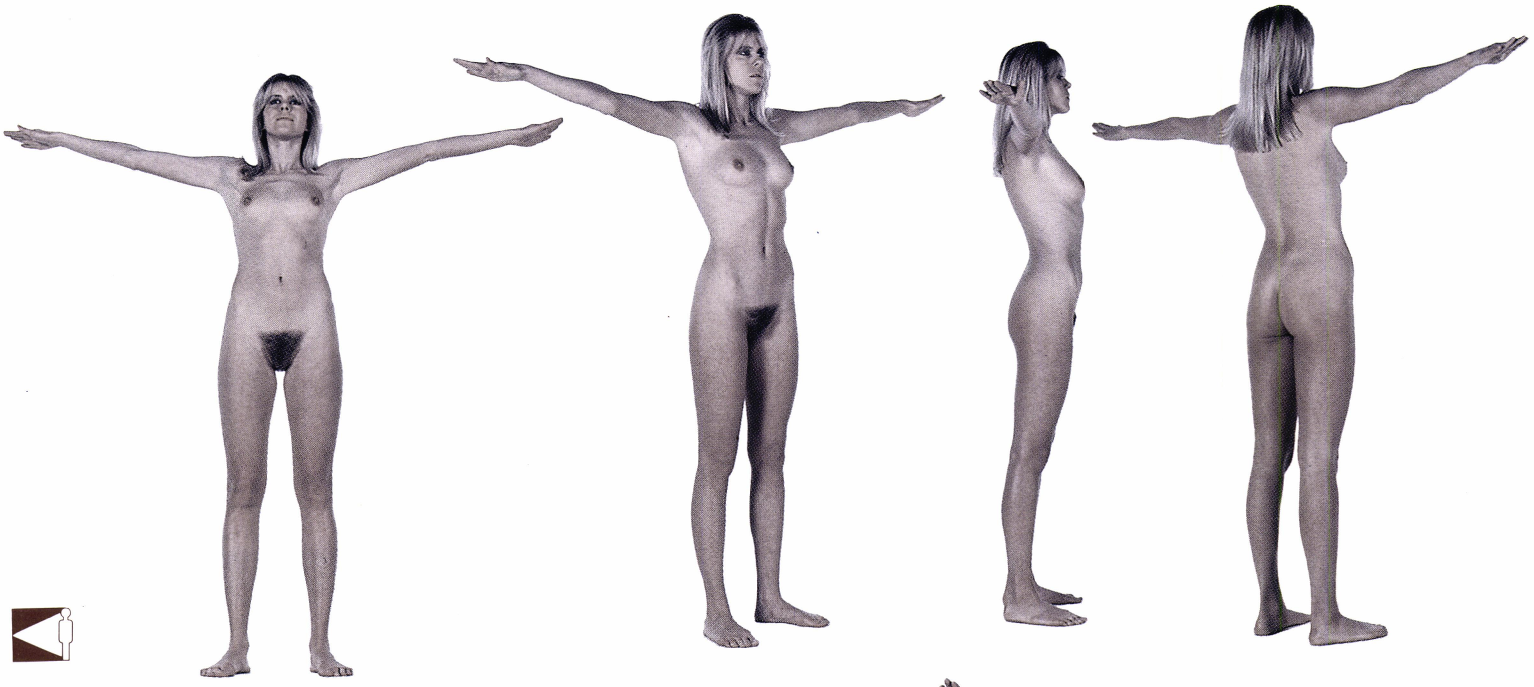


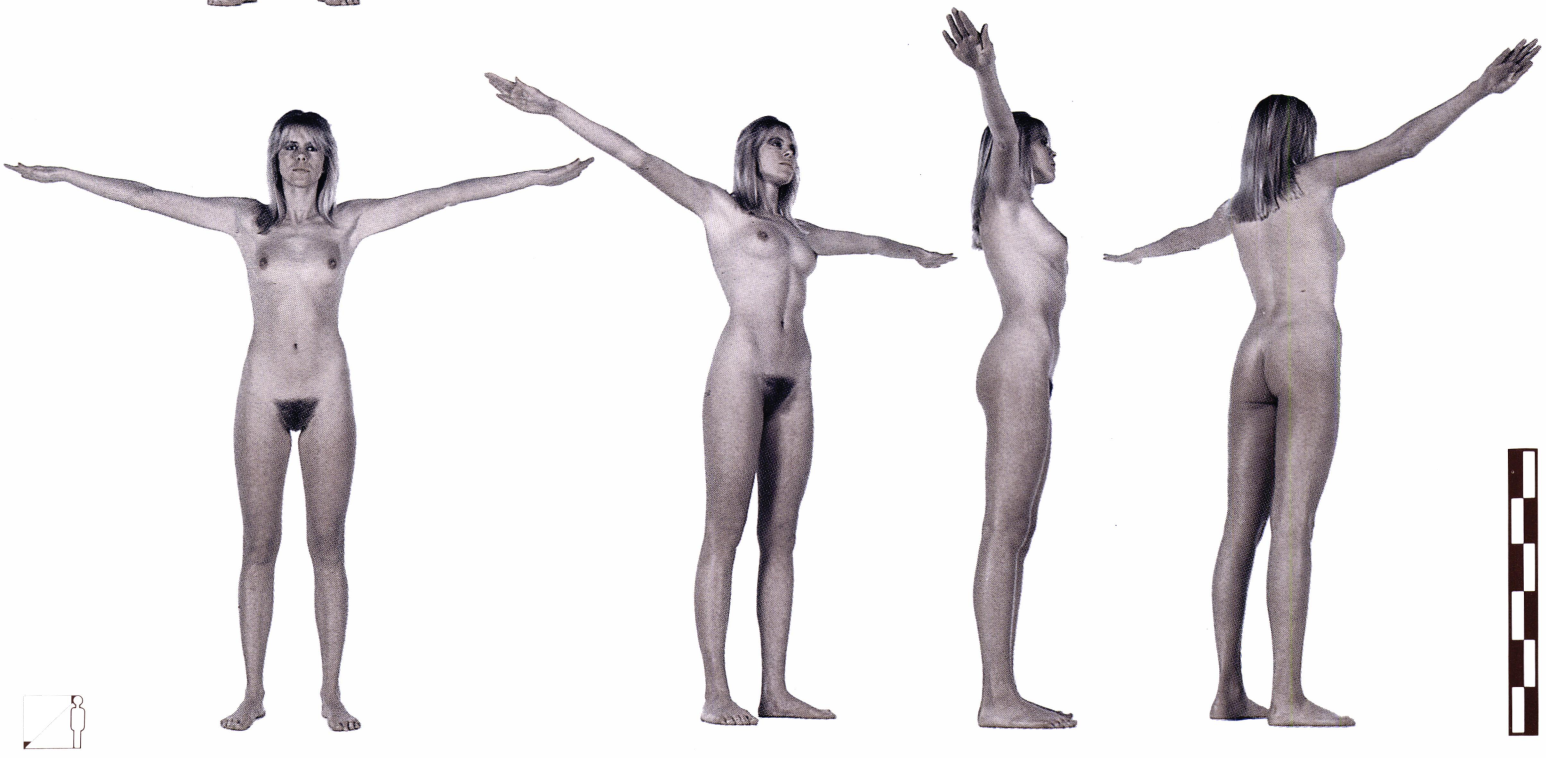
Hands behind head

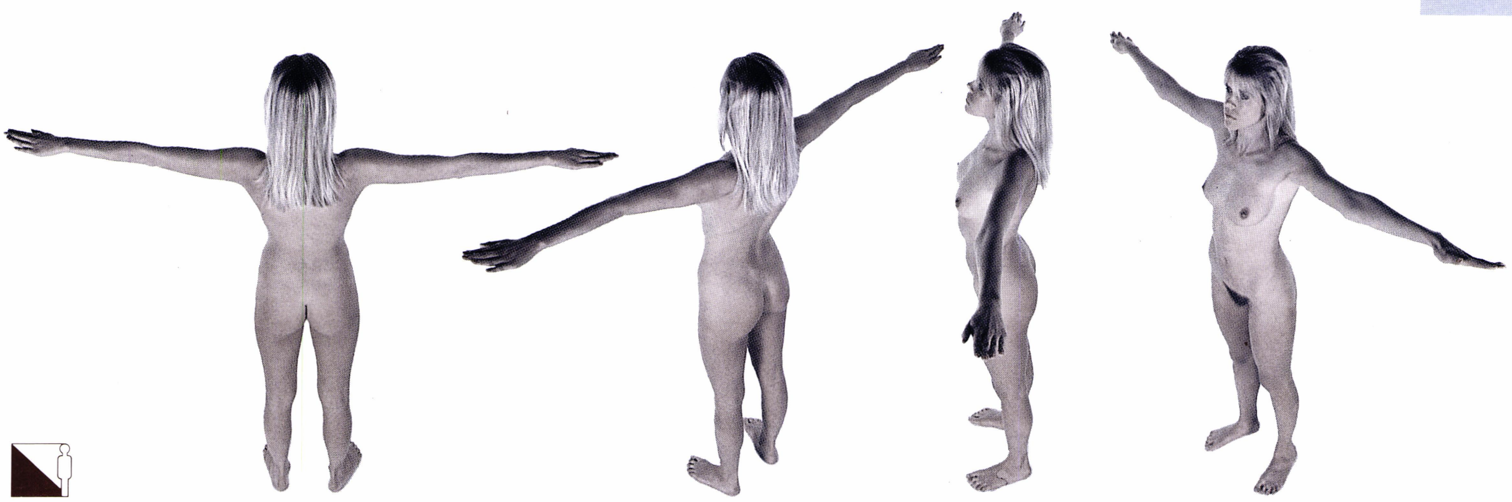


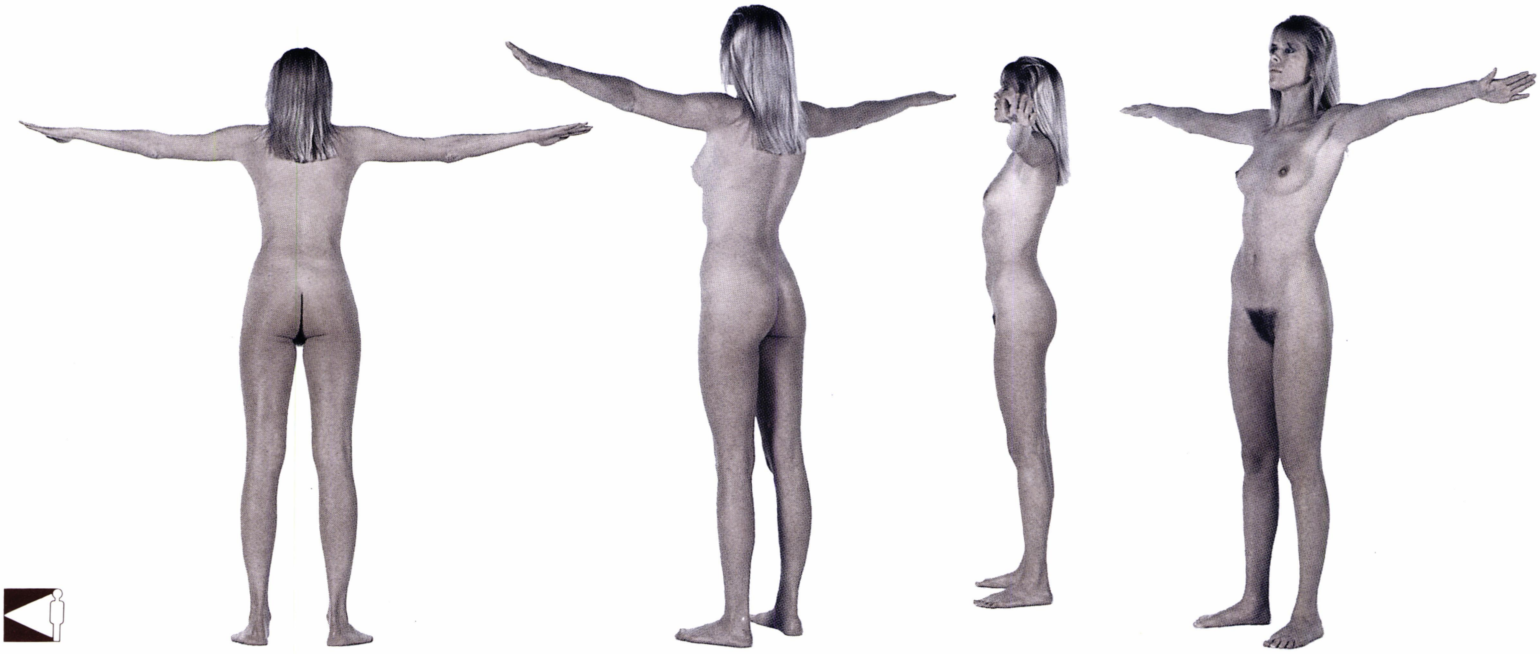
1·03 Arms stretched to side

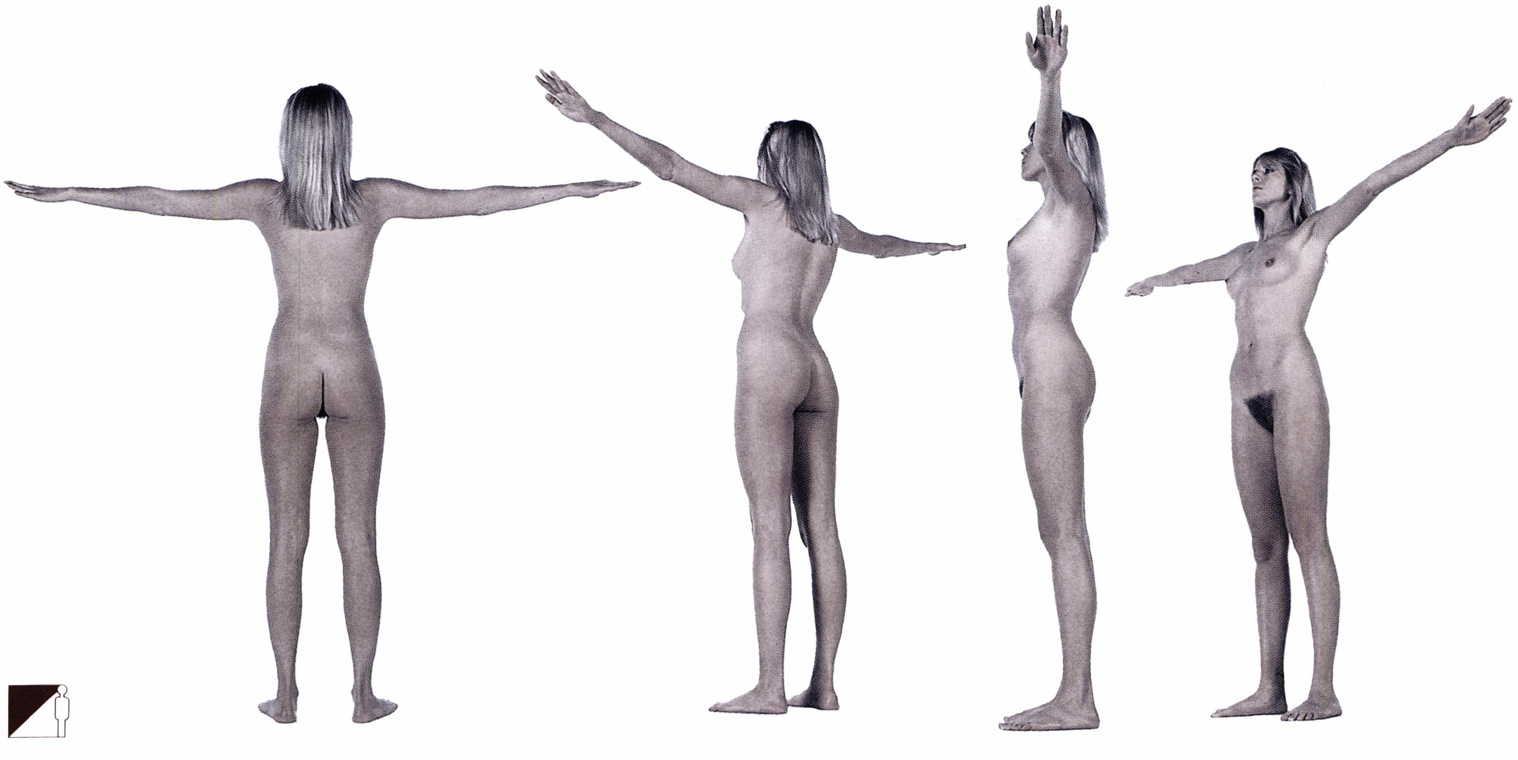




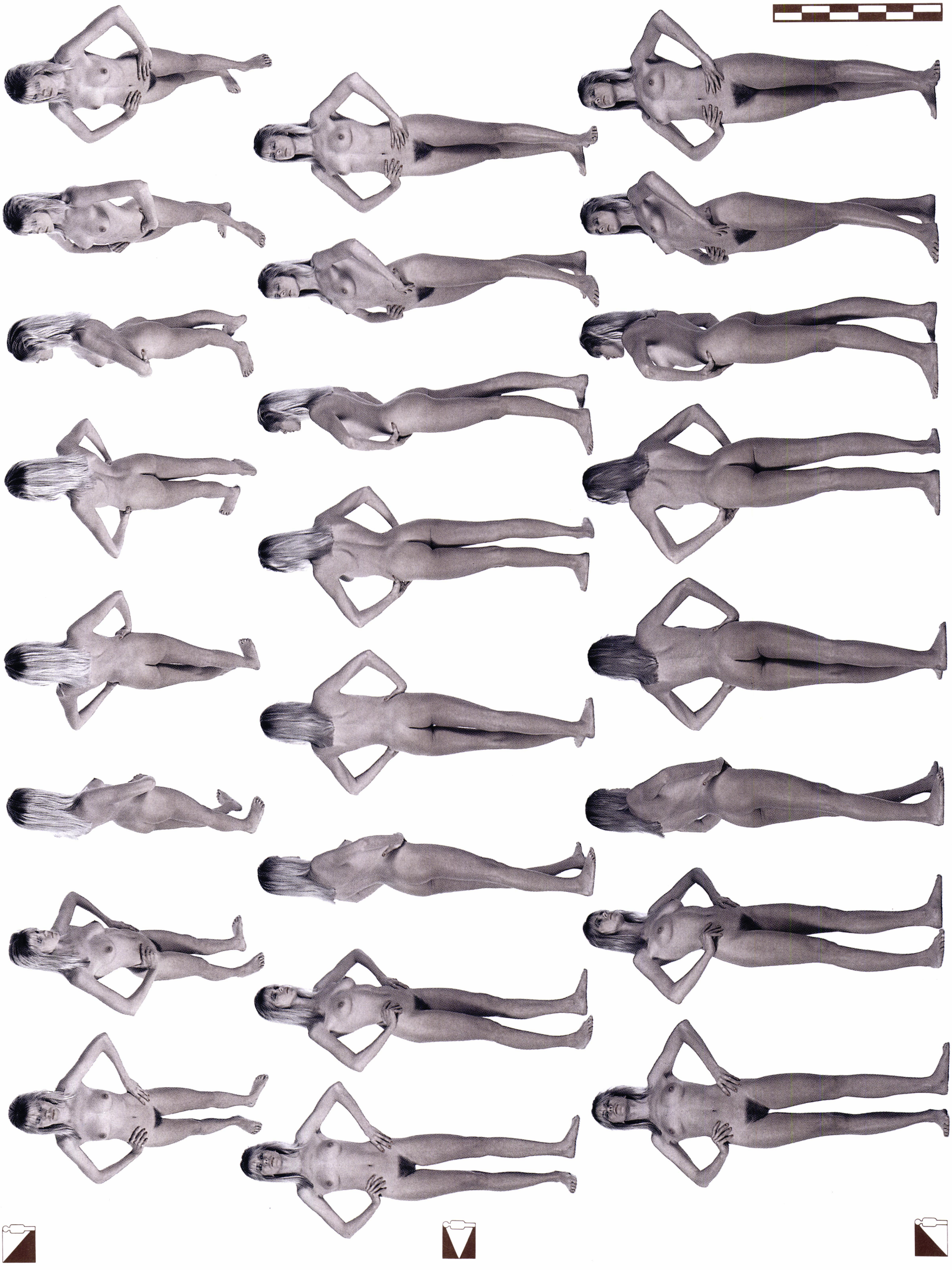




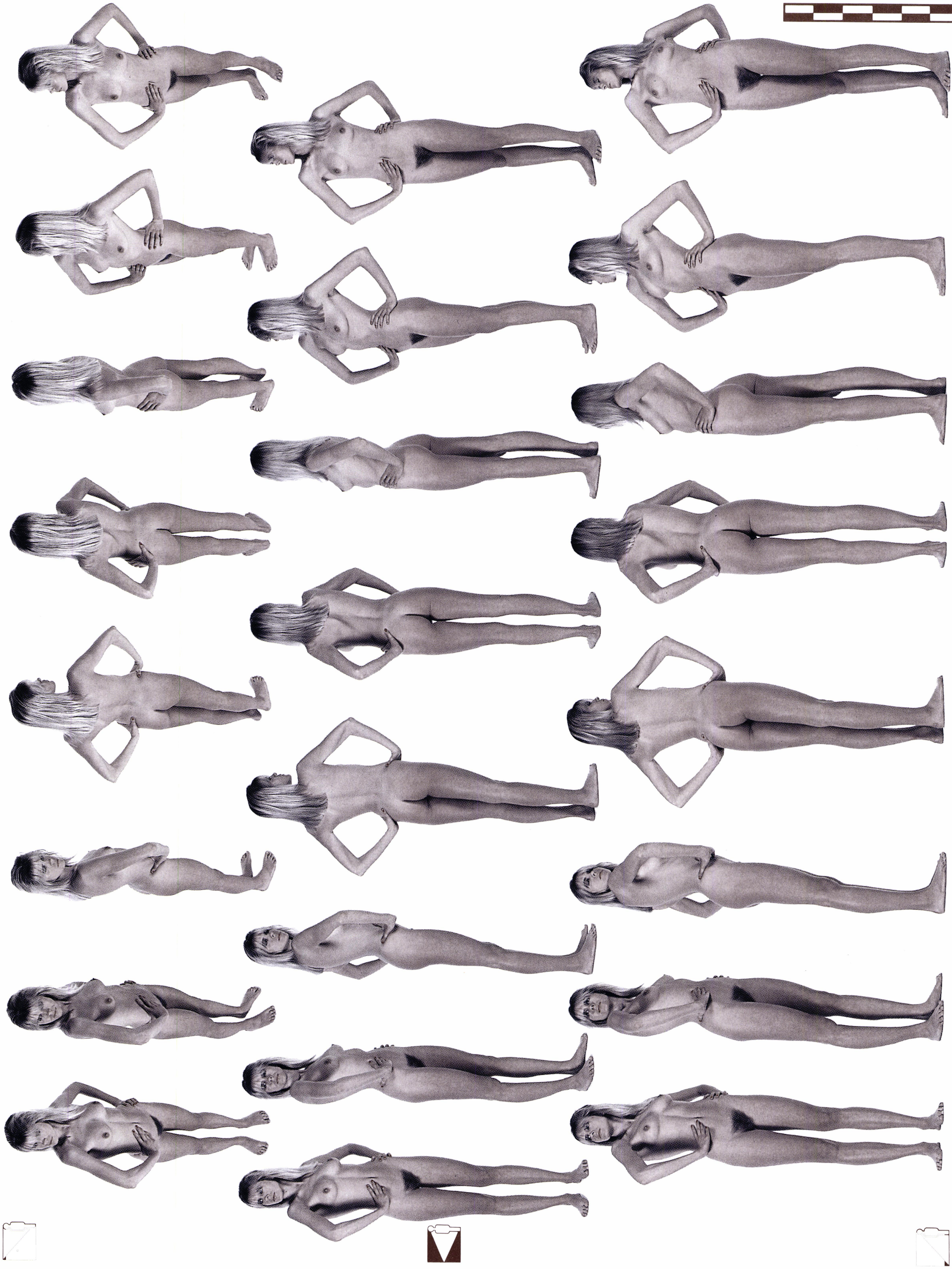




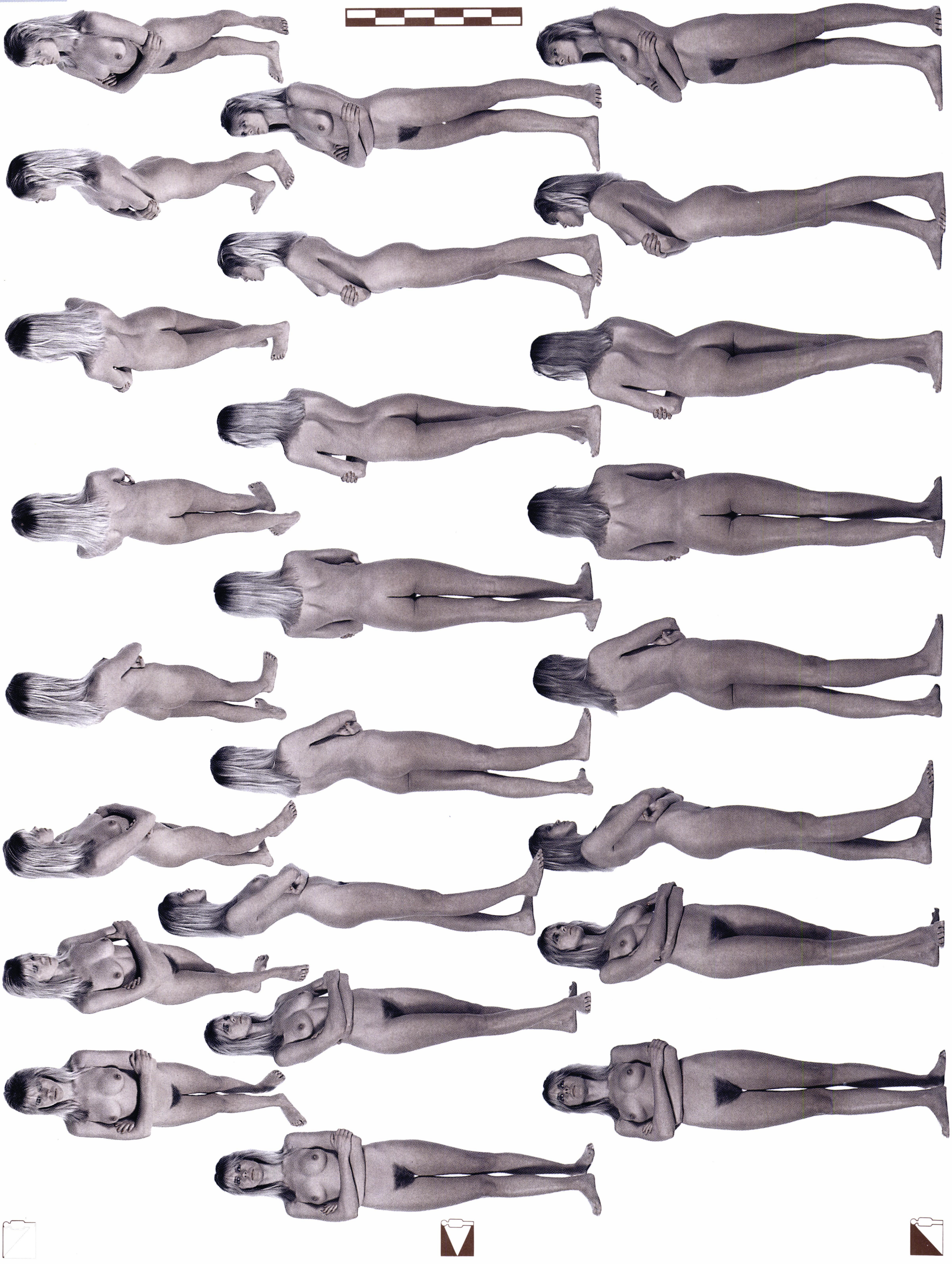
1·04 Hands on hips



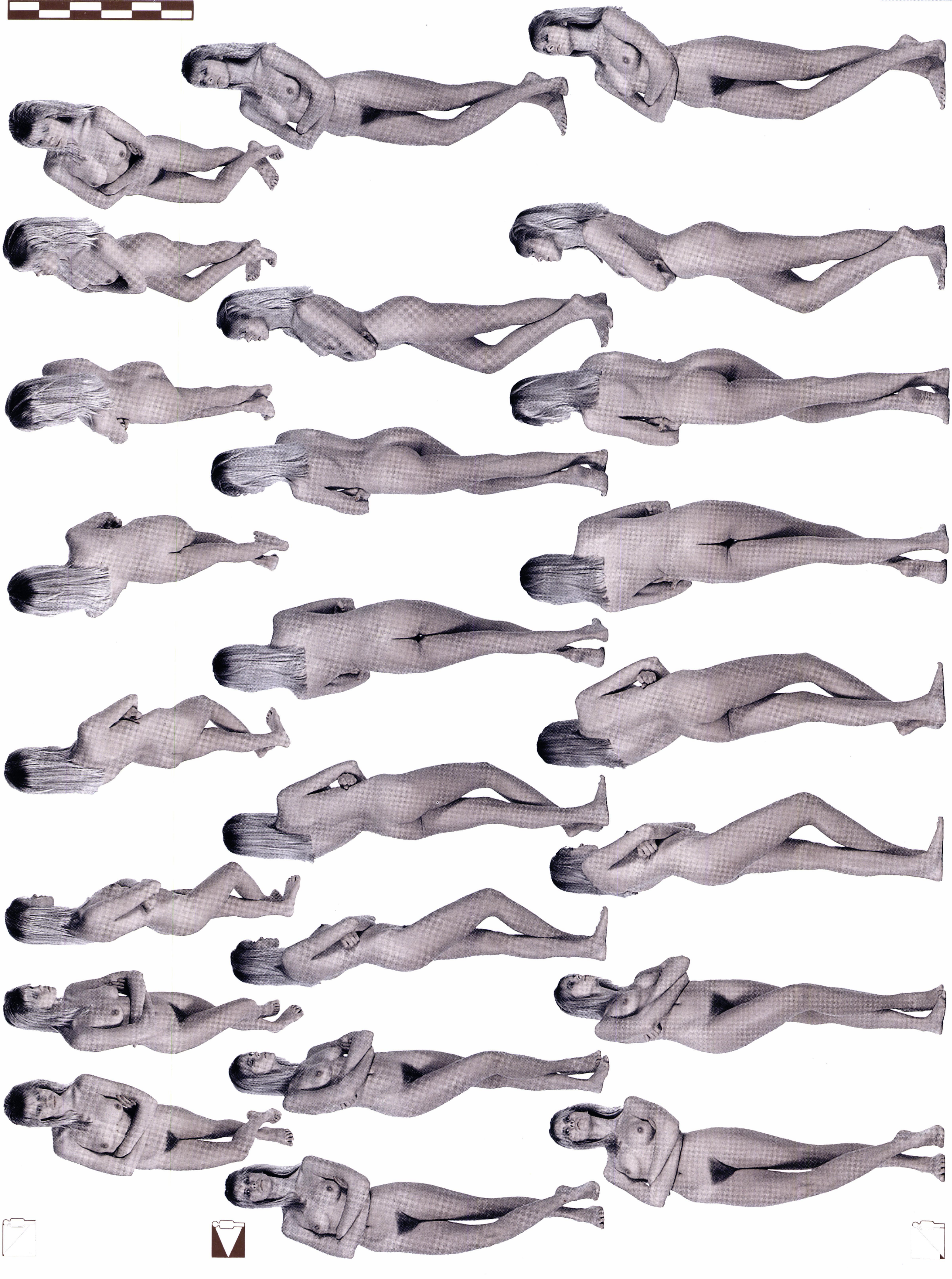
Upper trunk twisted round



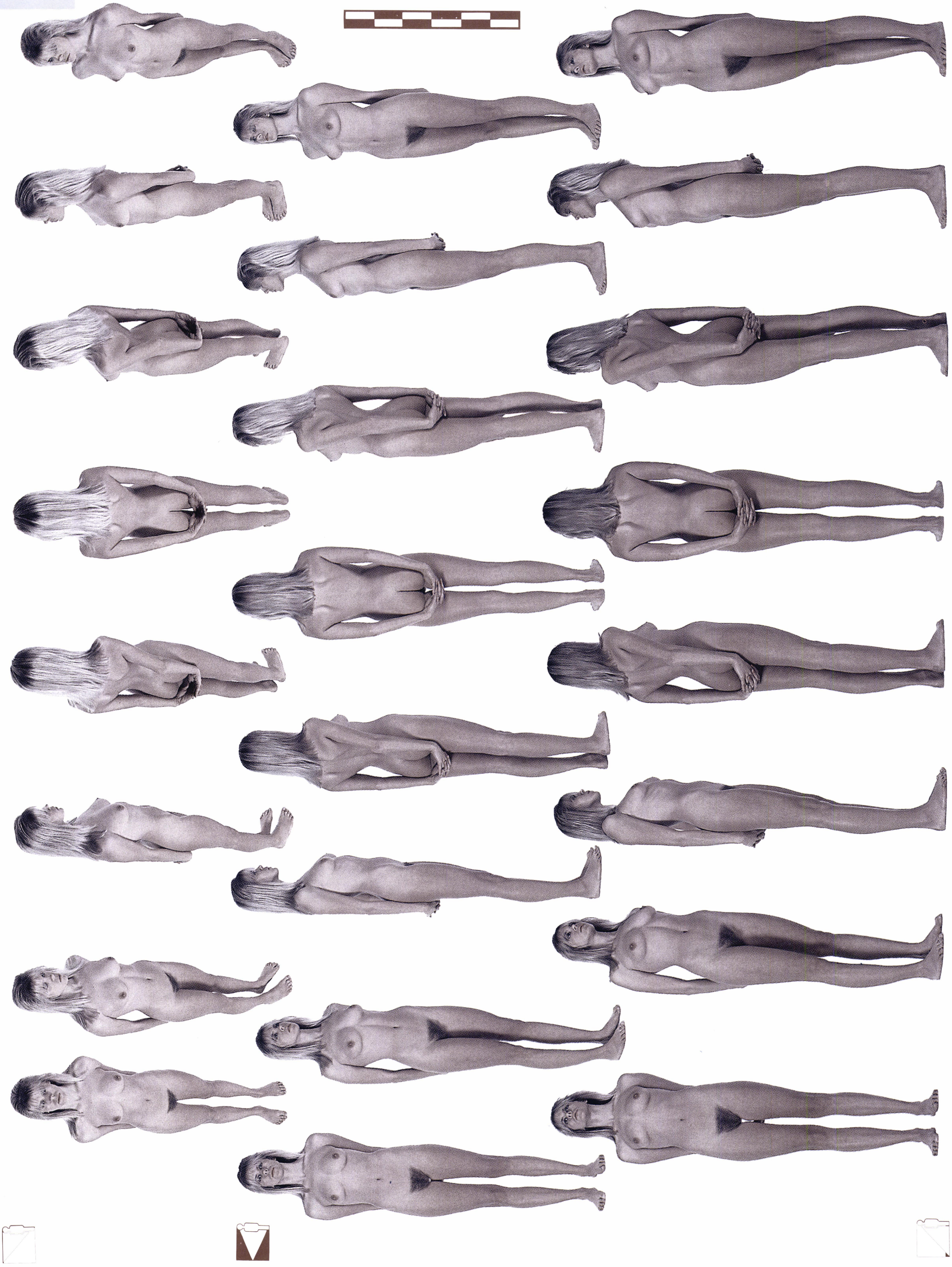
Arms folded



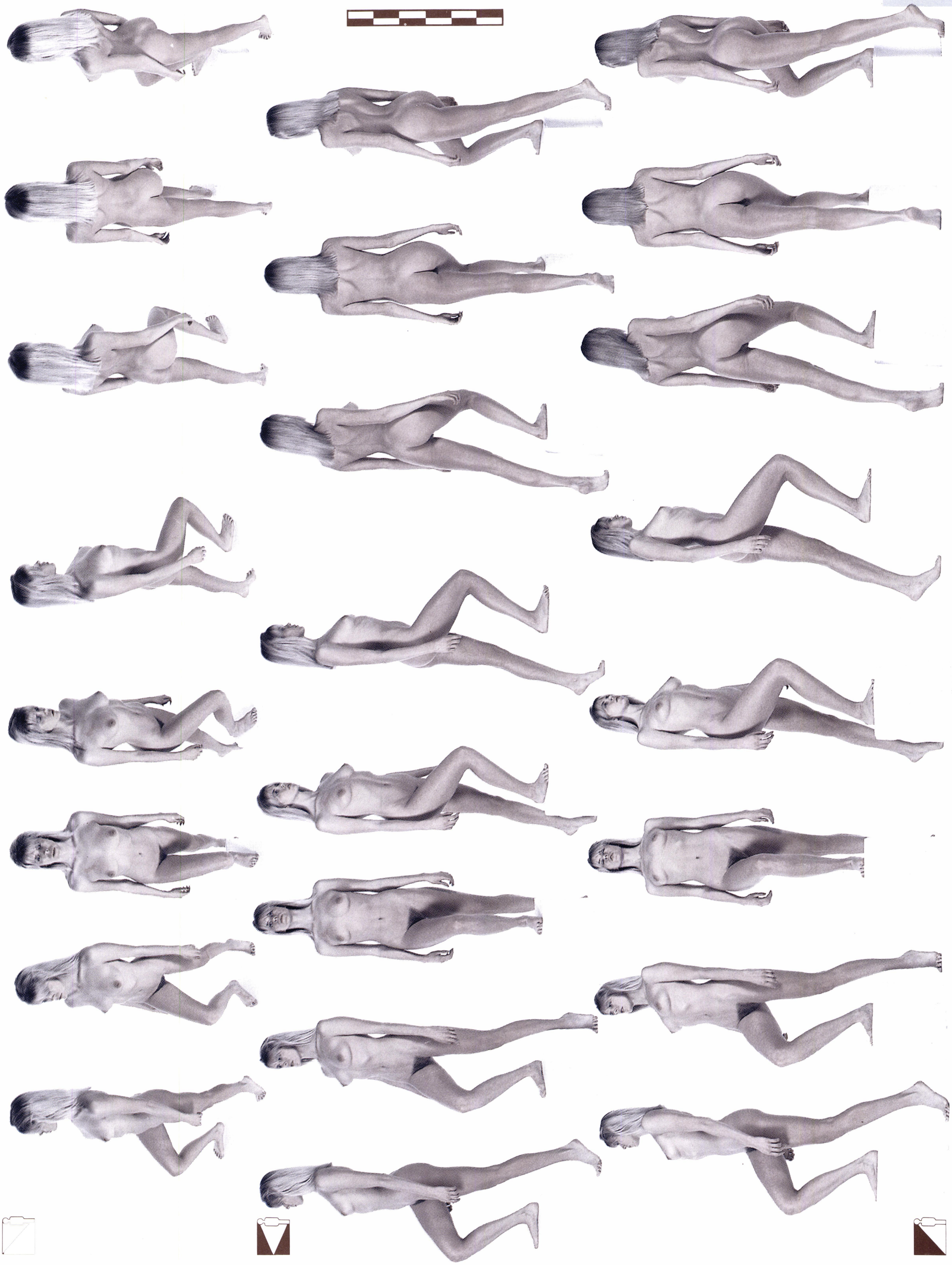
Leaning against wall with shoulders



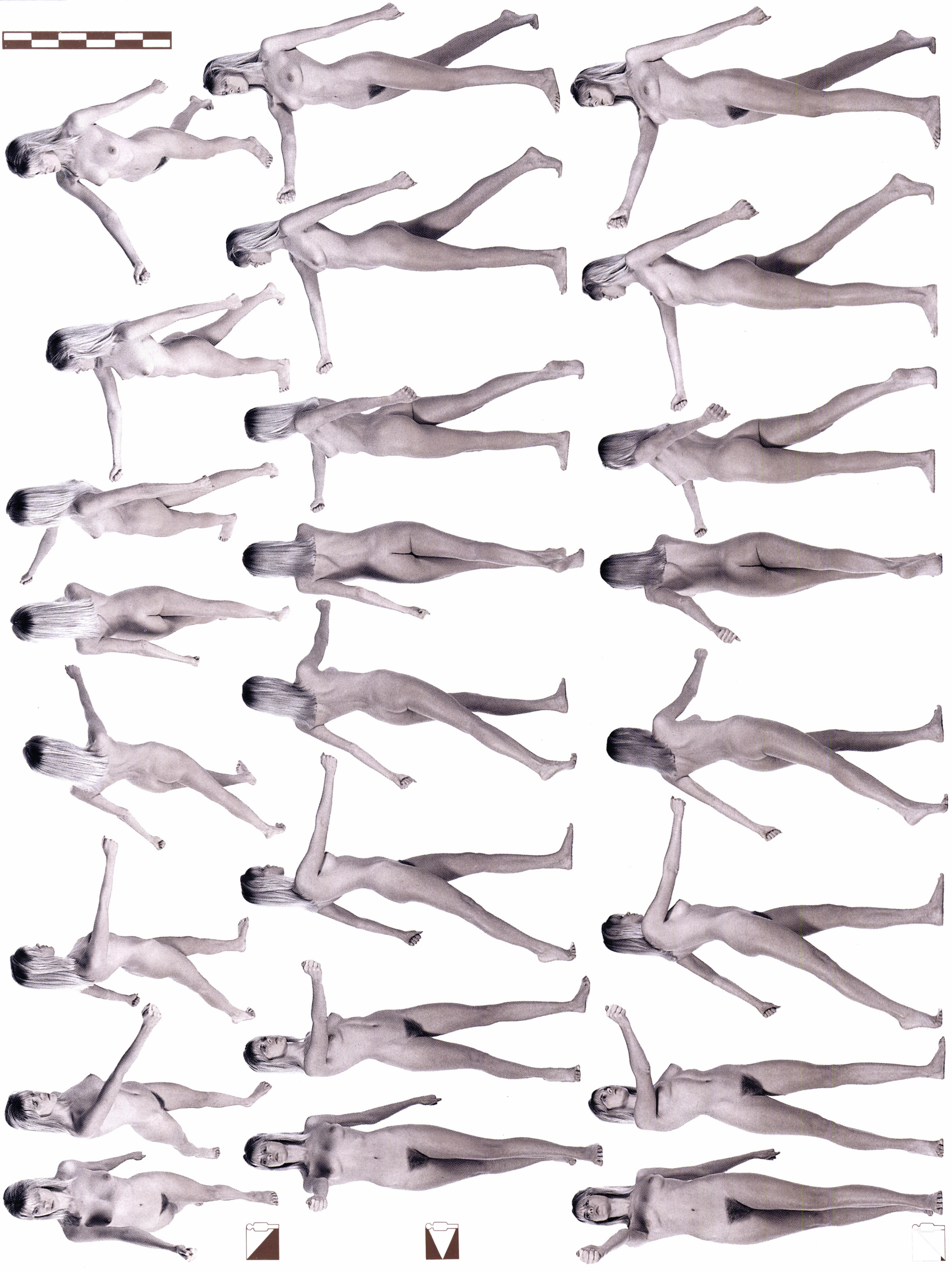
1·08 Hands behind back



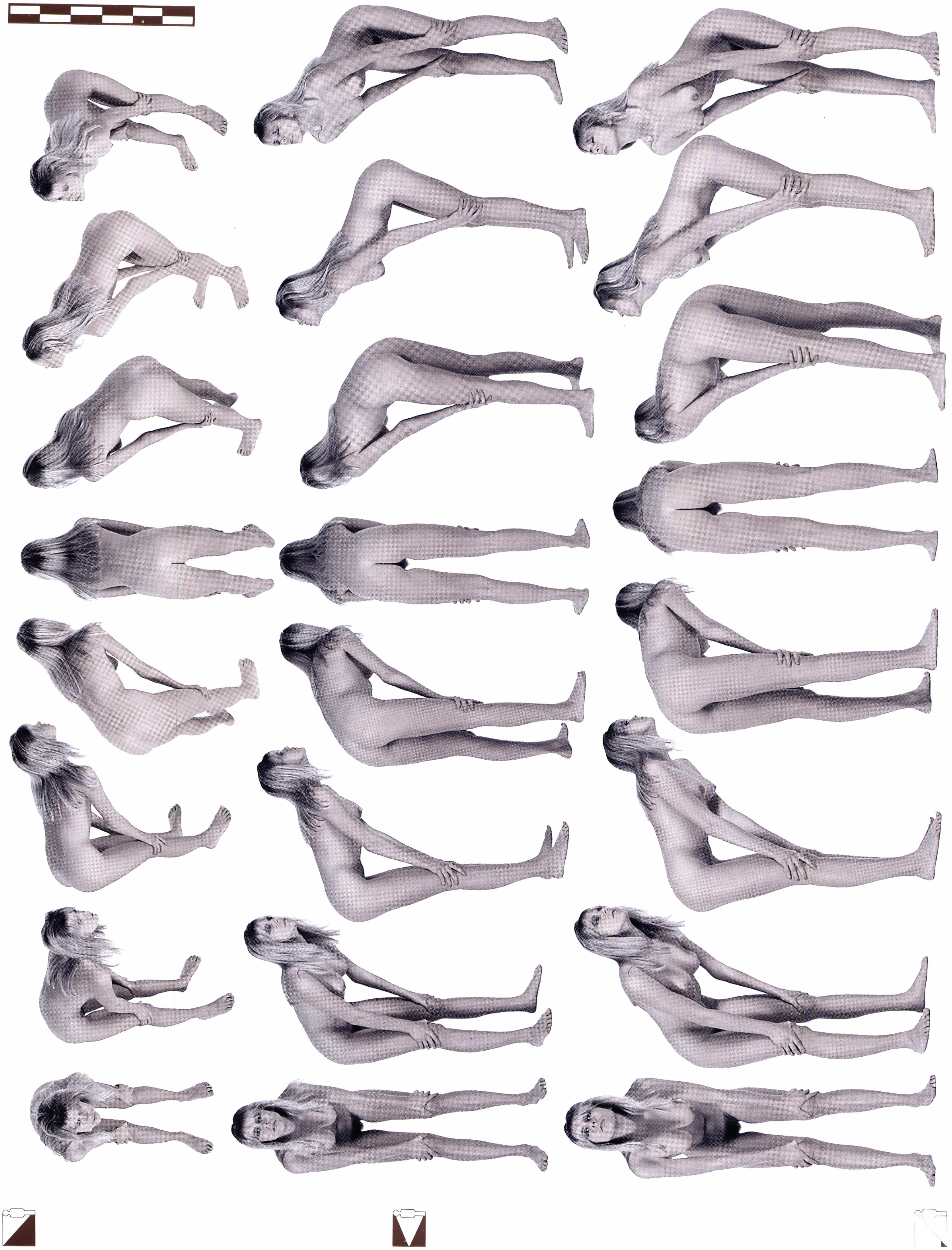
Climbing a step



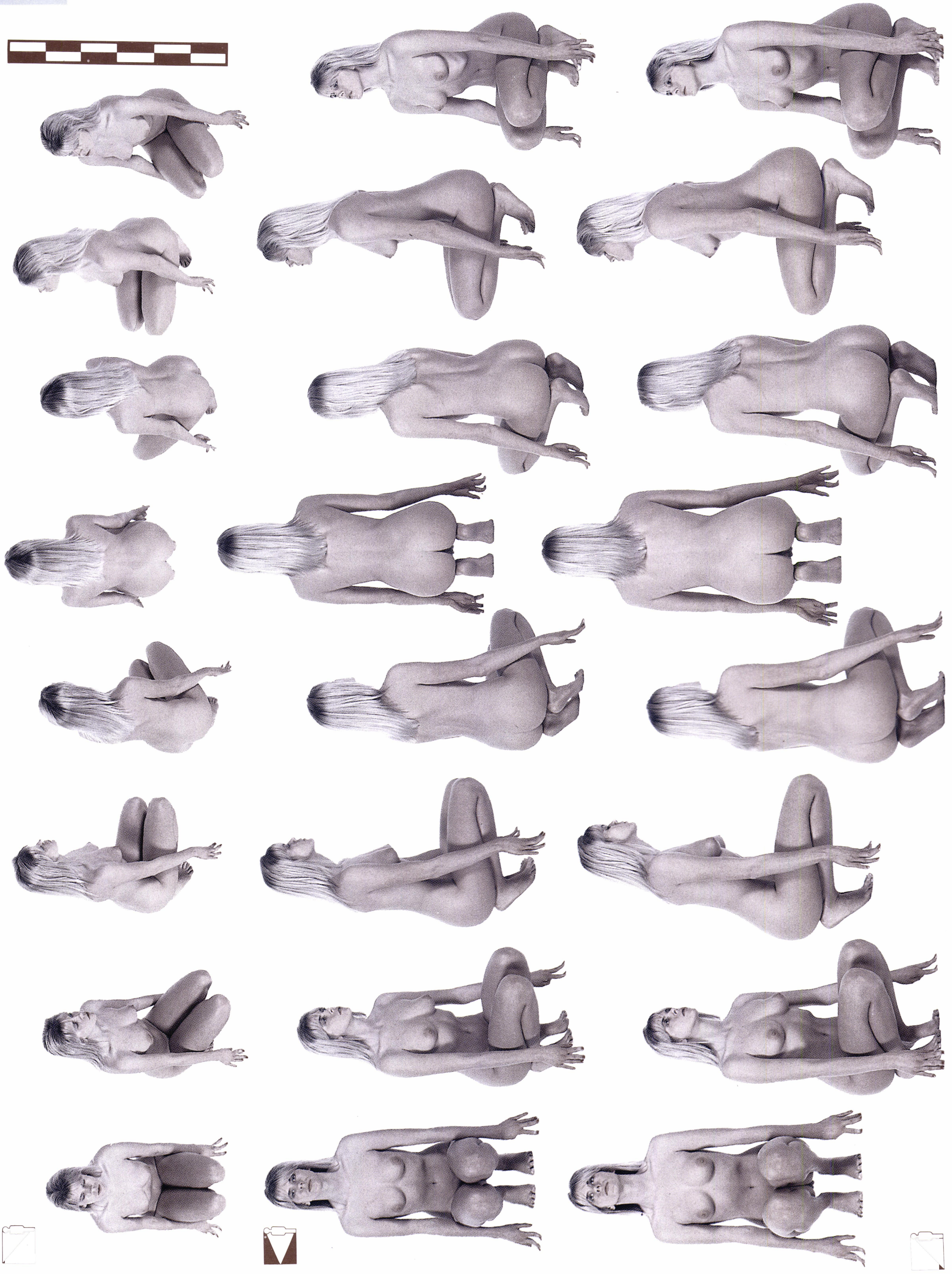
1·10 Marching



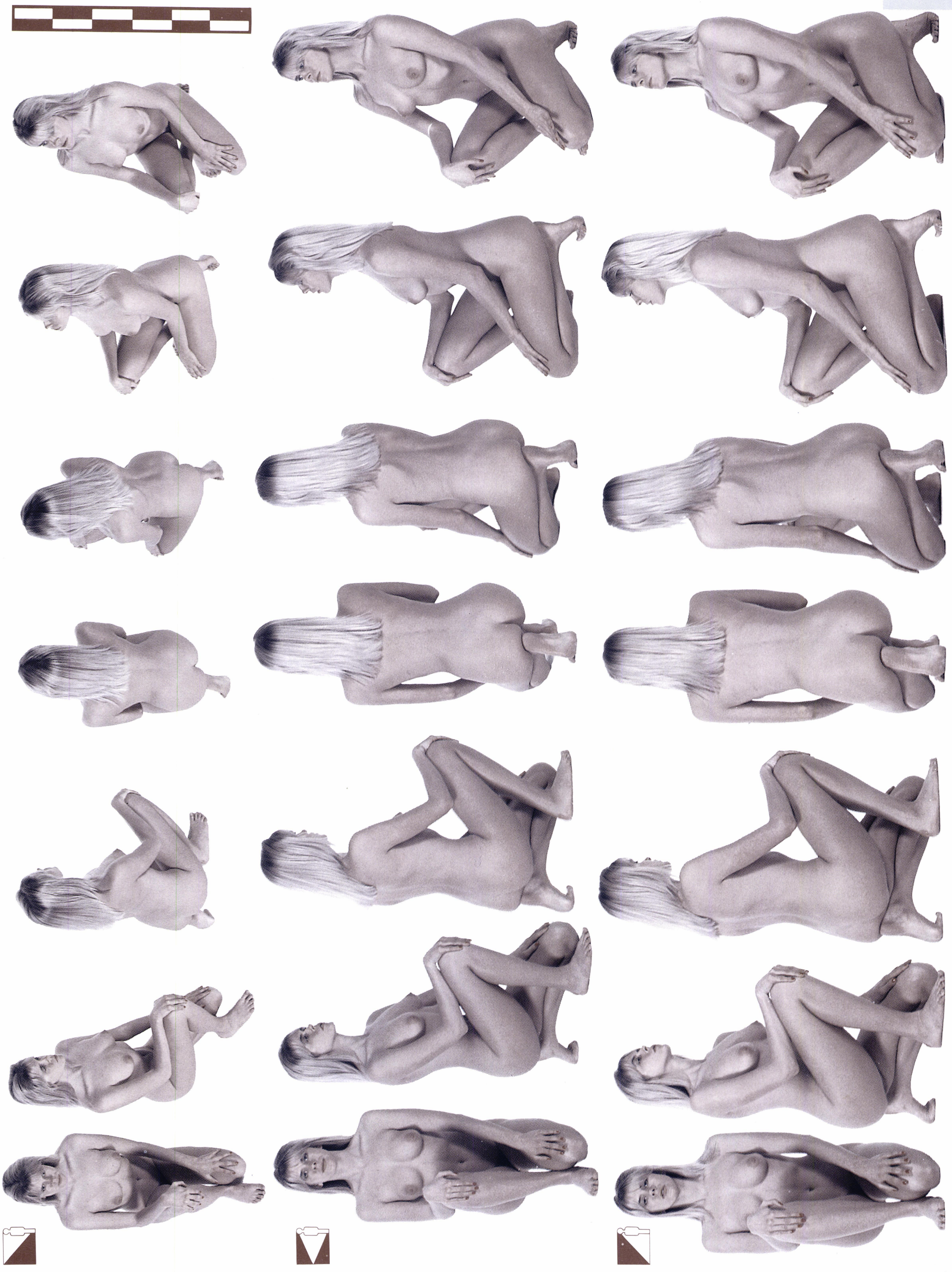
Upper trunk bending down



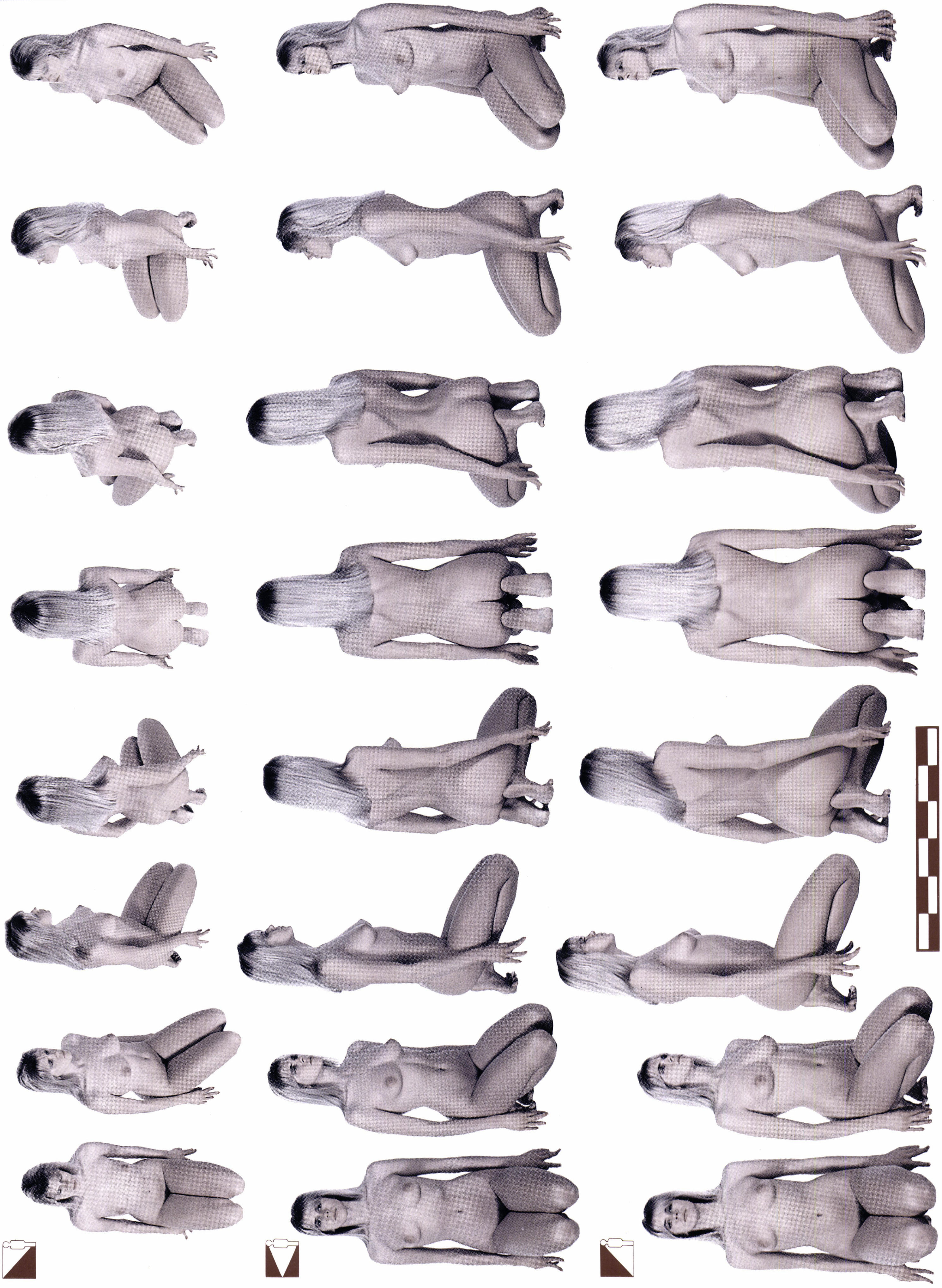
1·12 Crouching



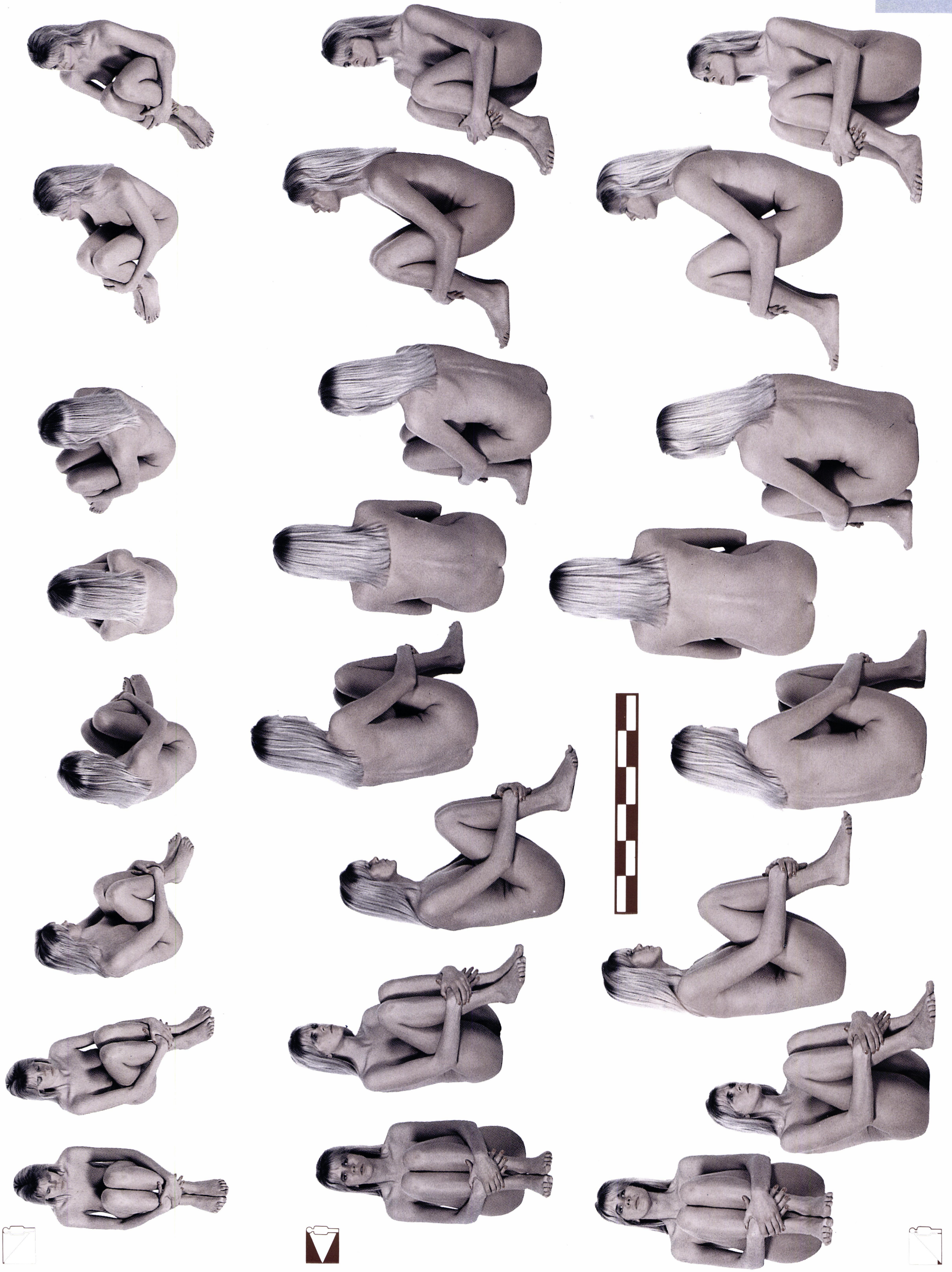
Crouching, one leg raised



Kneeling

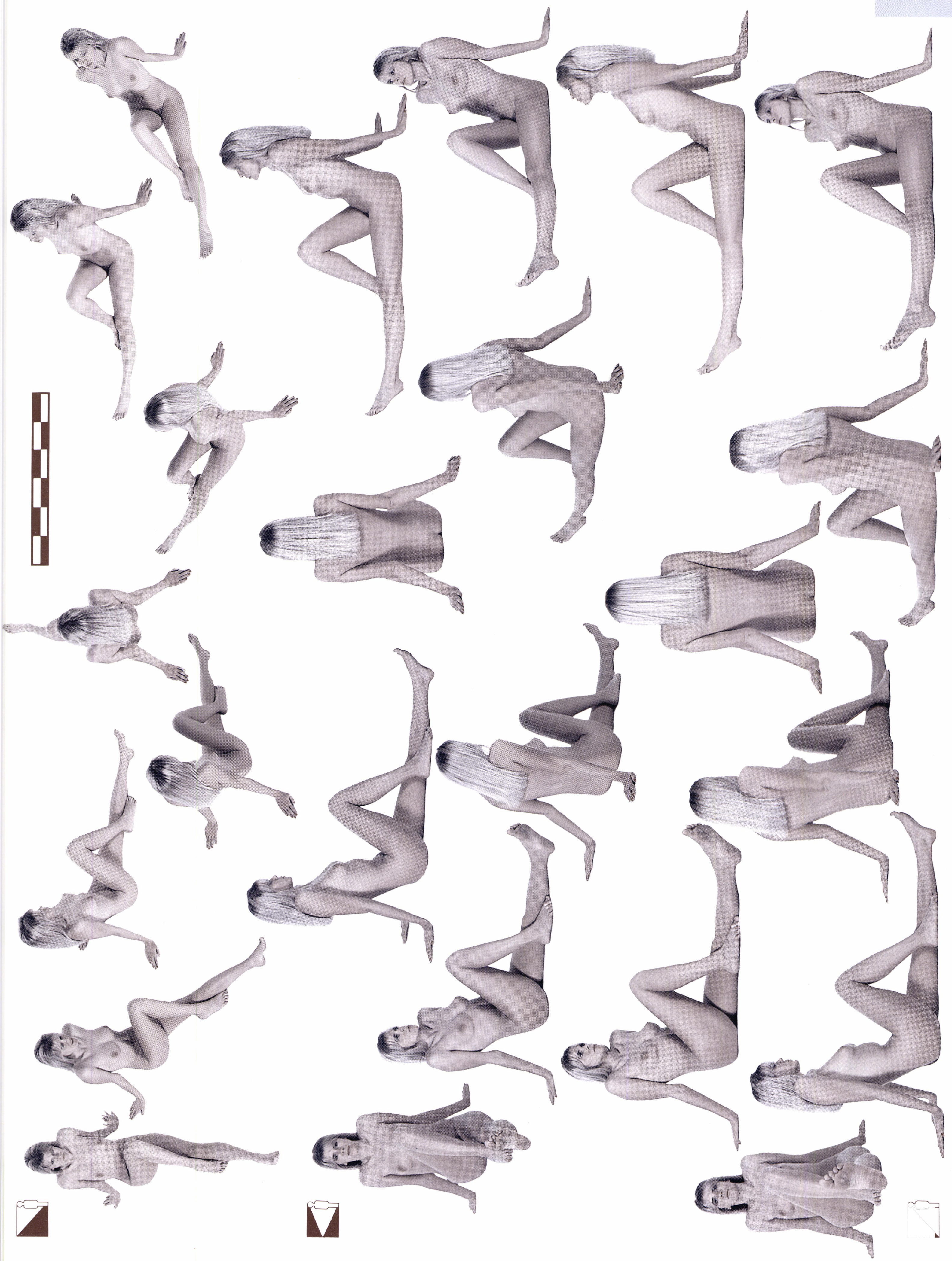


Sitting with arms round knees

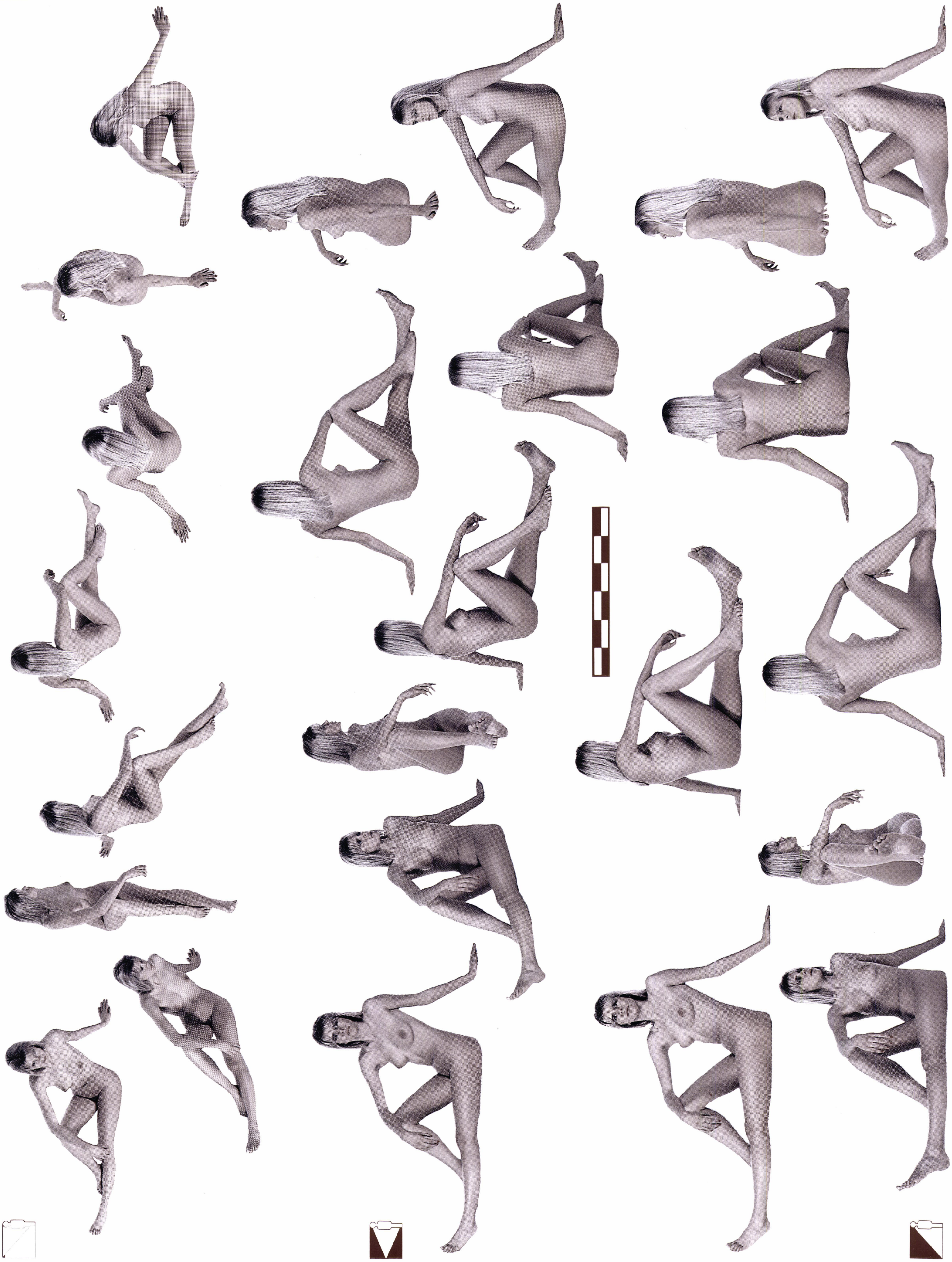


1·16 Sitting with arms by sides

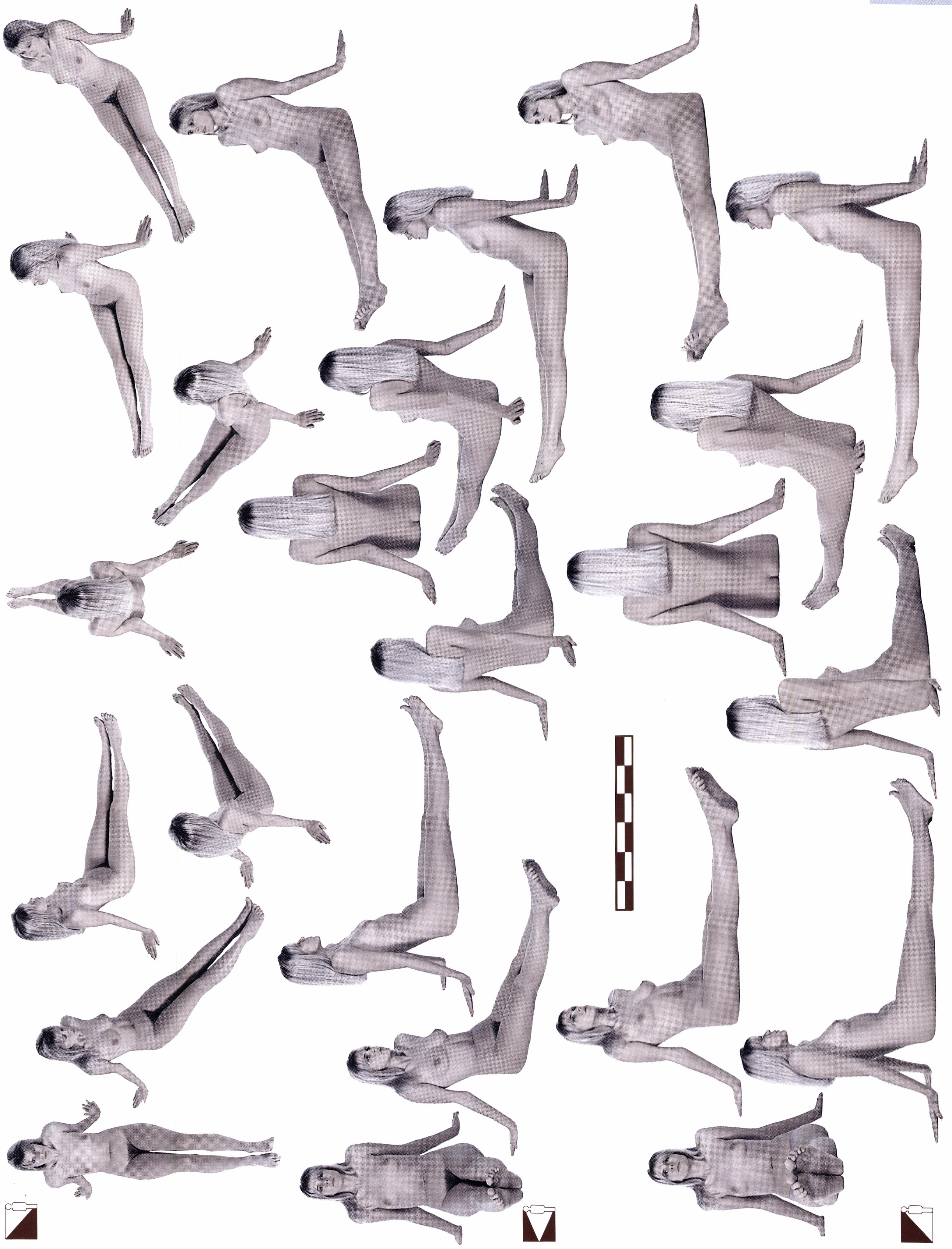
Sitting with one leg outstretched



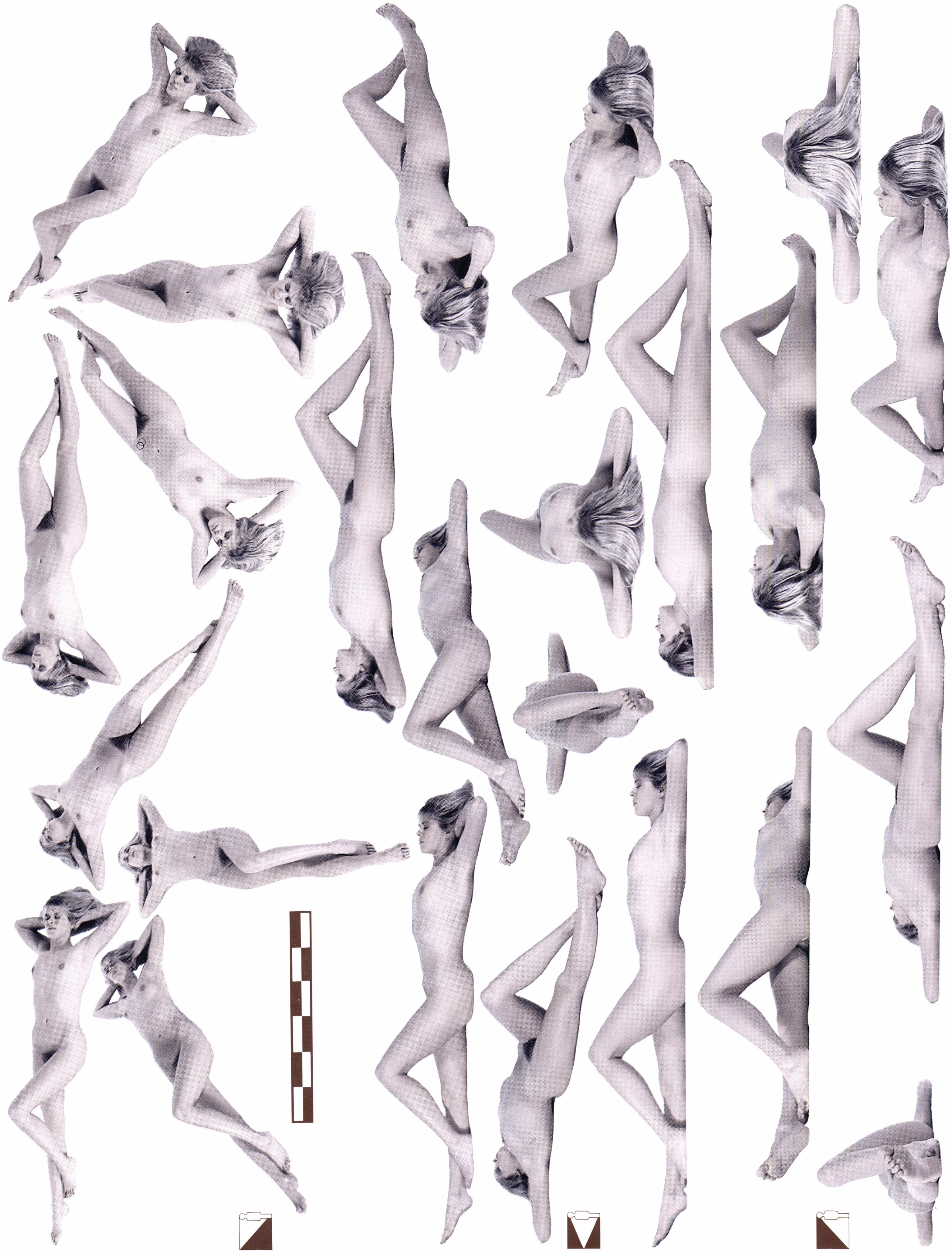
Sitting propped up by one arm



Sitting with legs outstretched



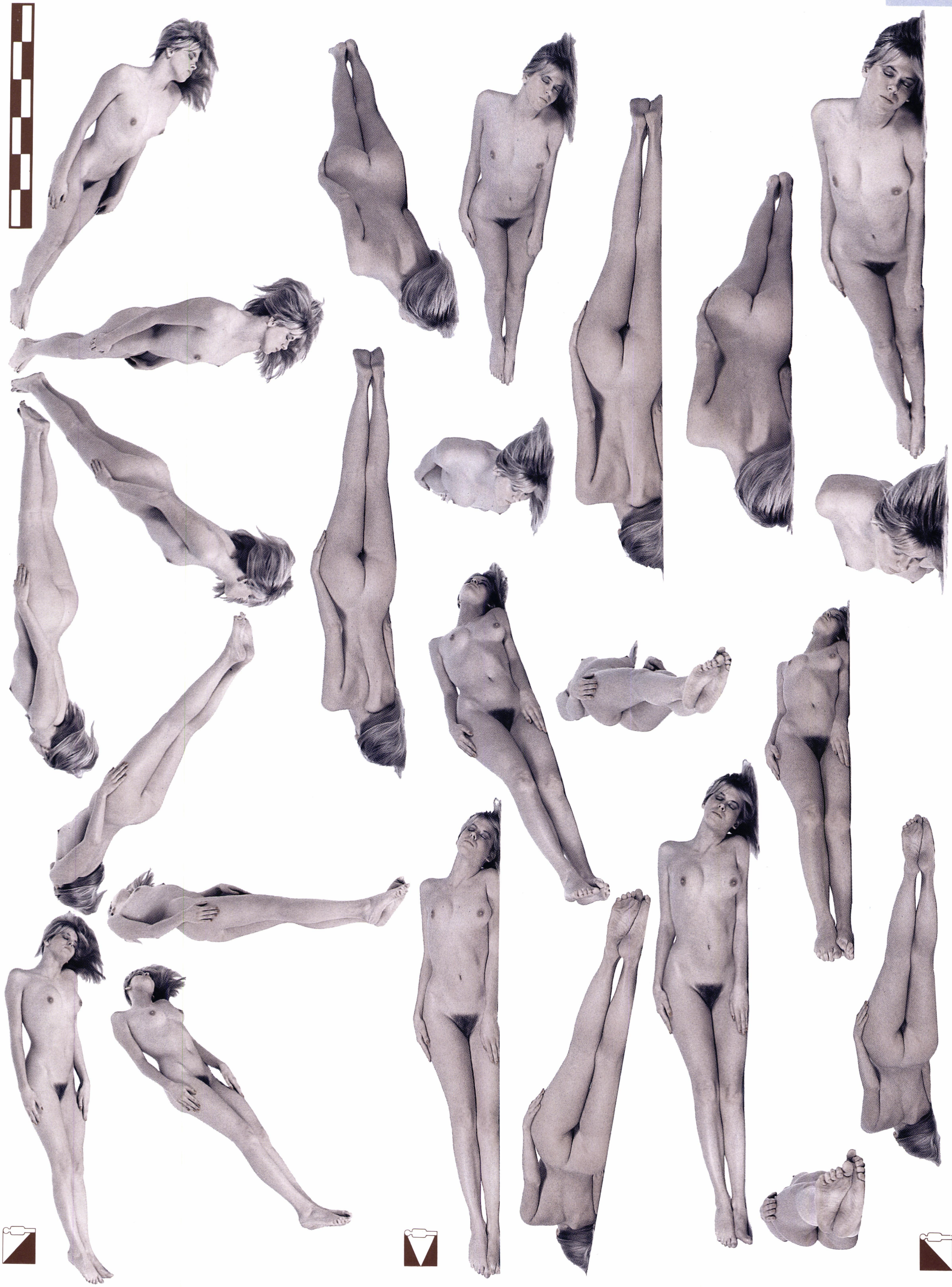
On back, hands behind head, one knee raised



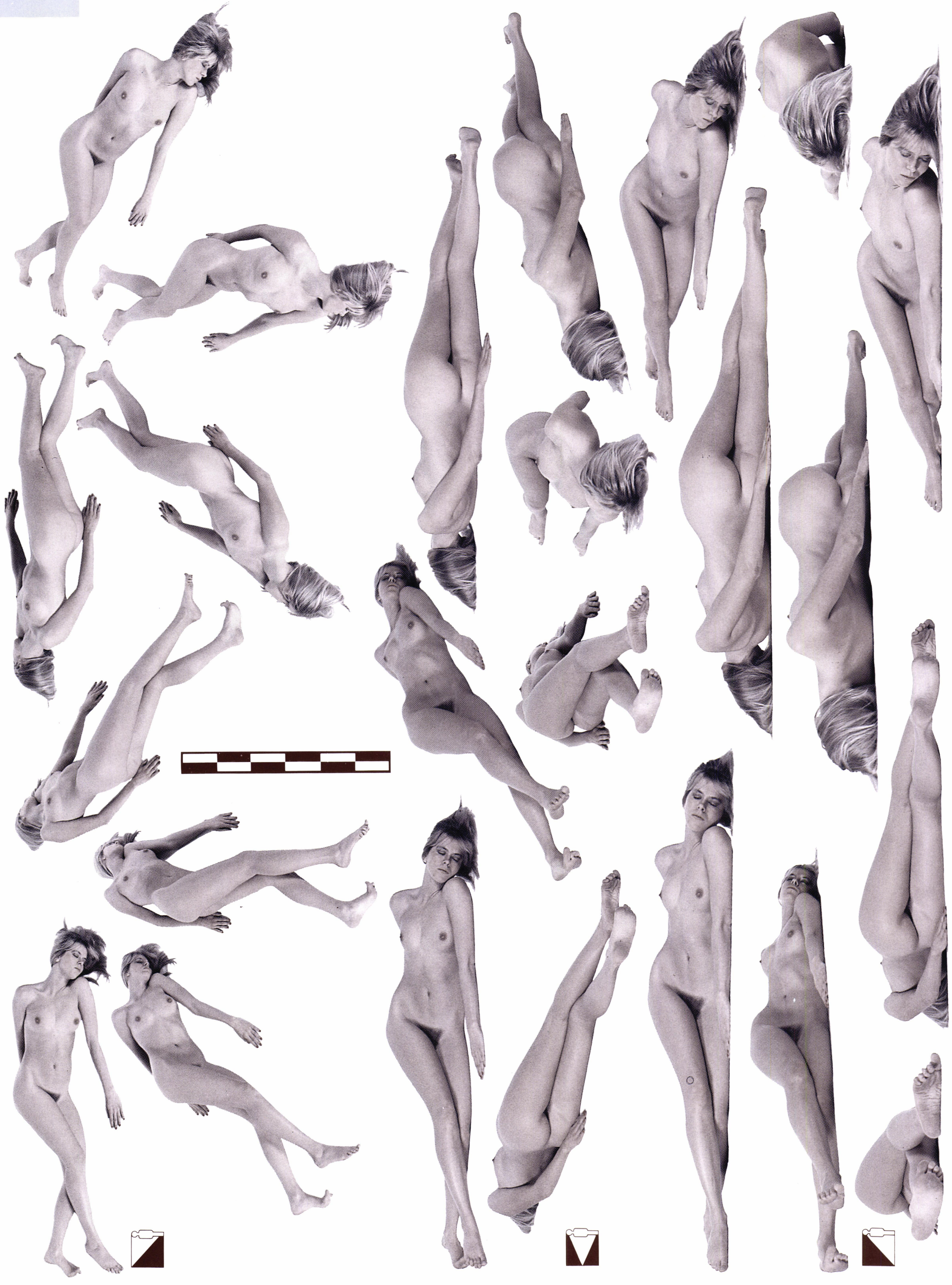
On back, hands behind head

On back, limbs outstretched

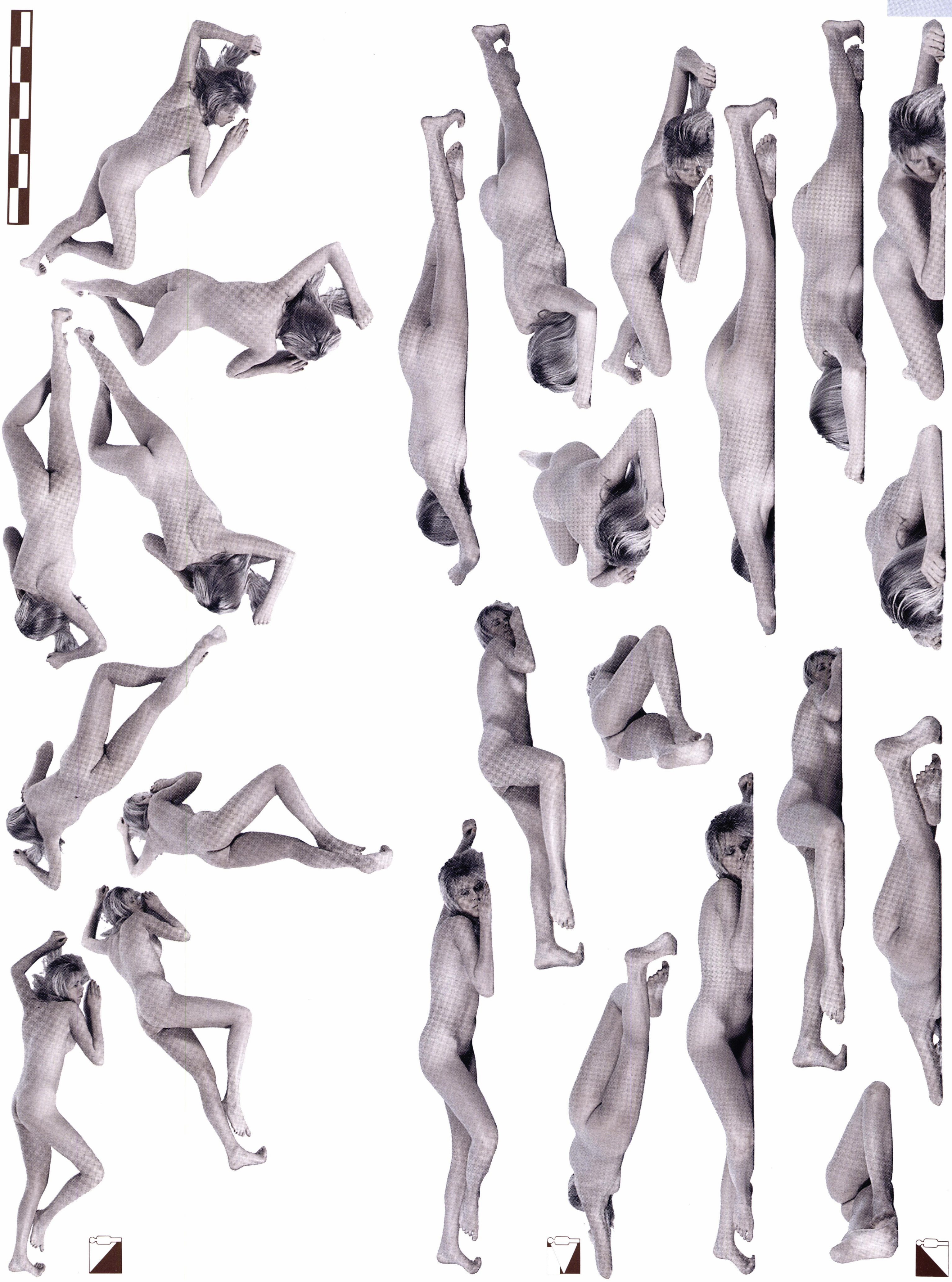
On side, limbs by the side



On side, limbs outstretched

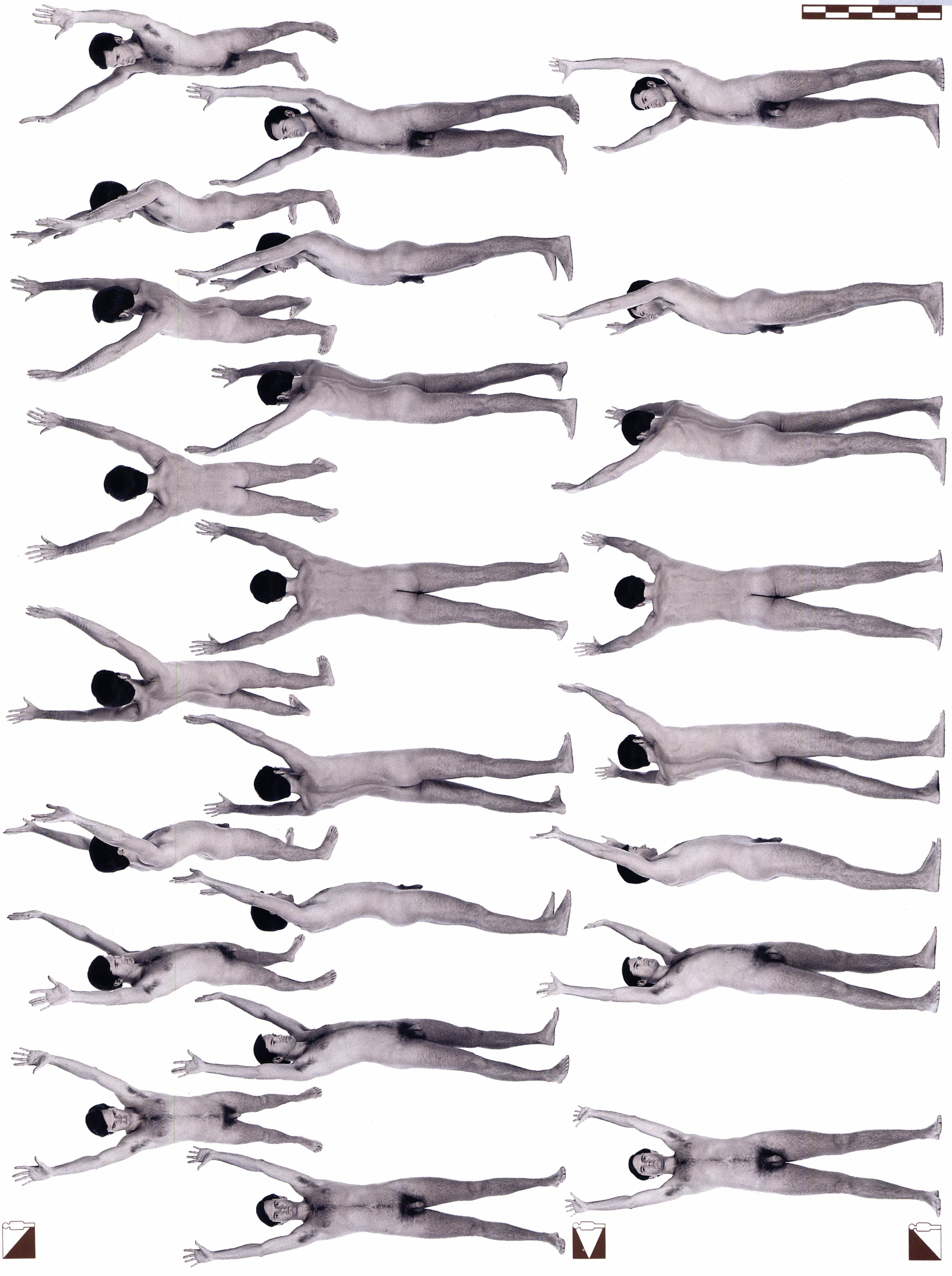


Face down, limbs outstretched

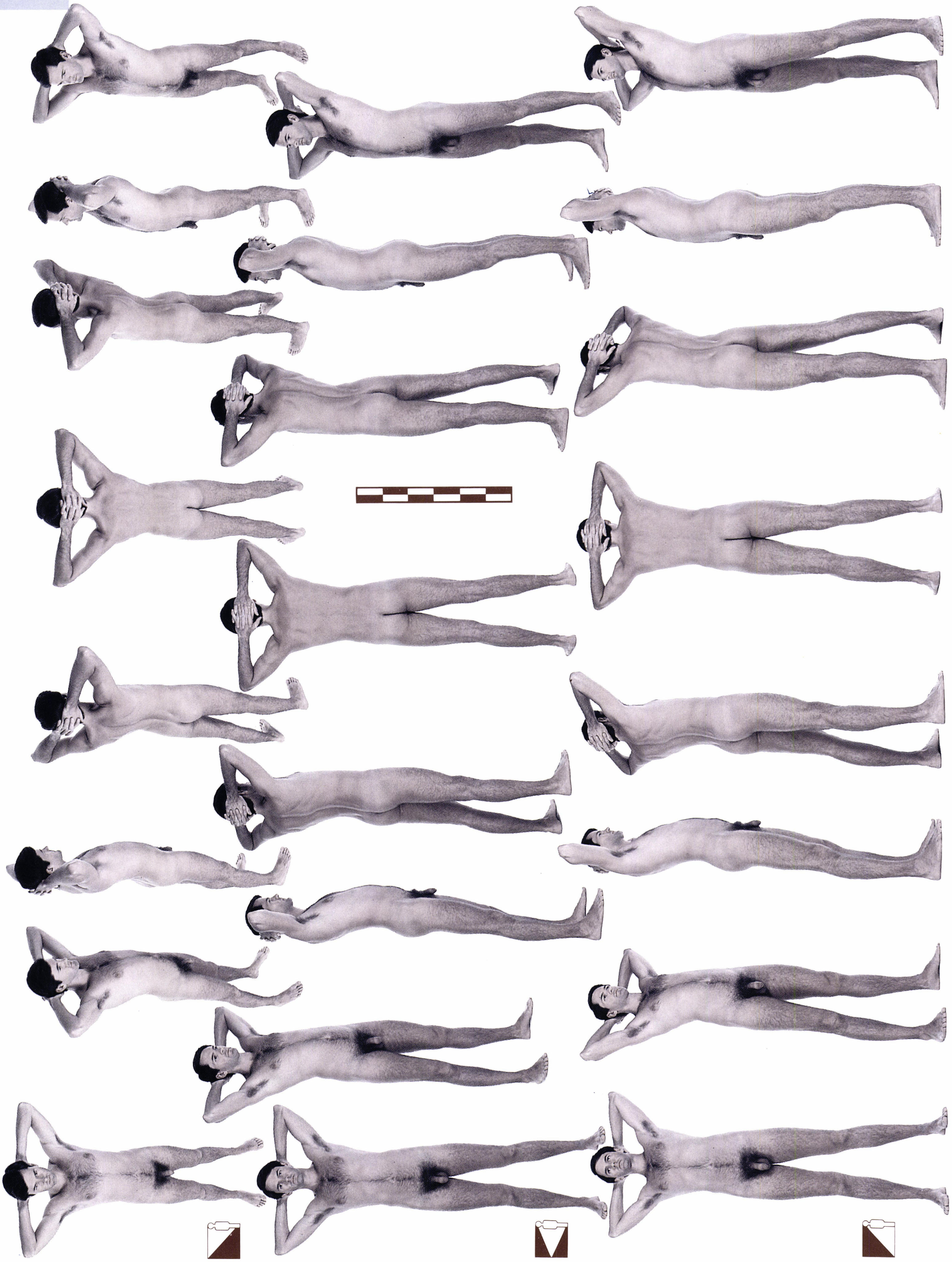


Face down, limbs by the side

Arms stretched up

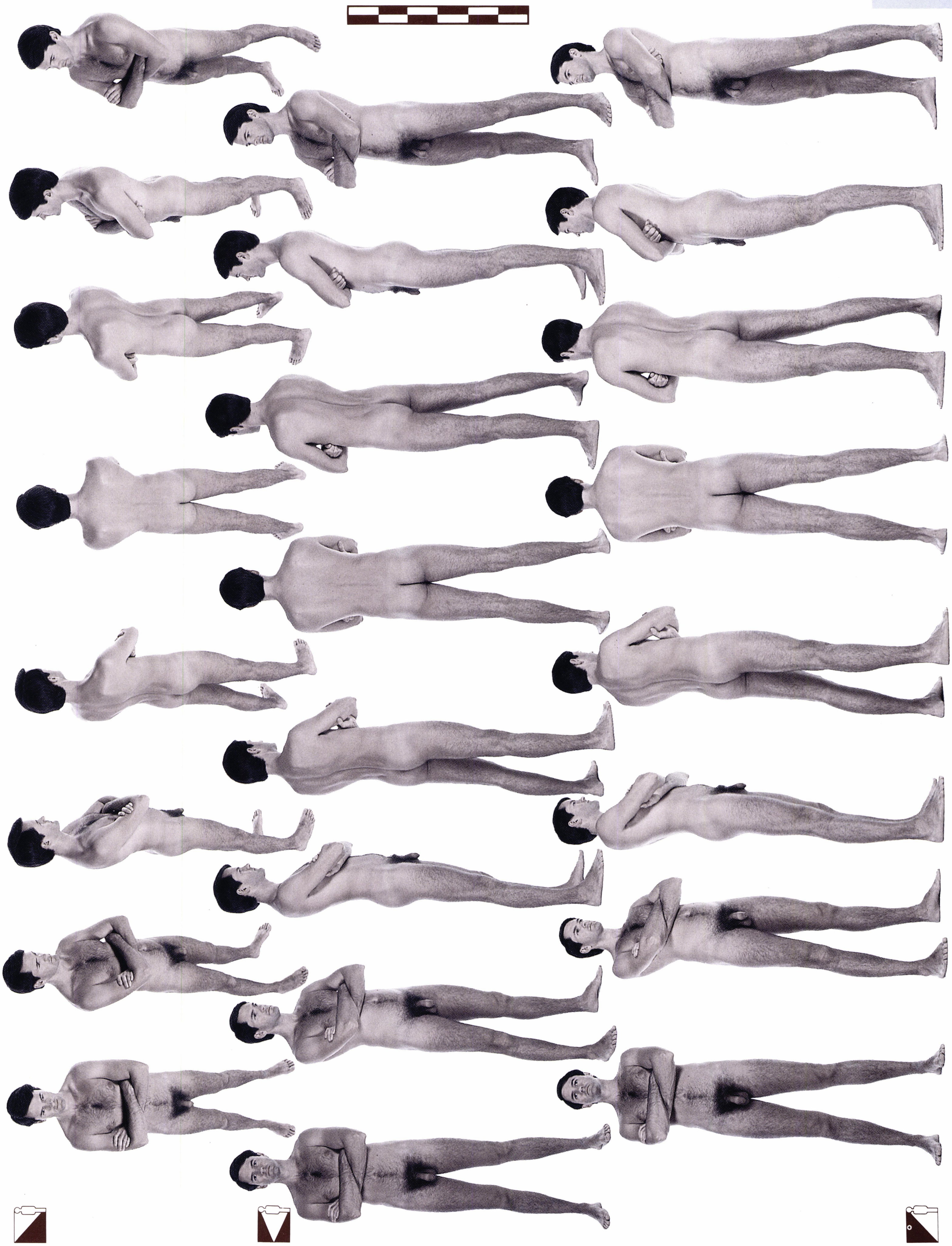


Hands behind head

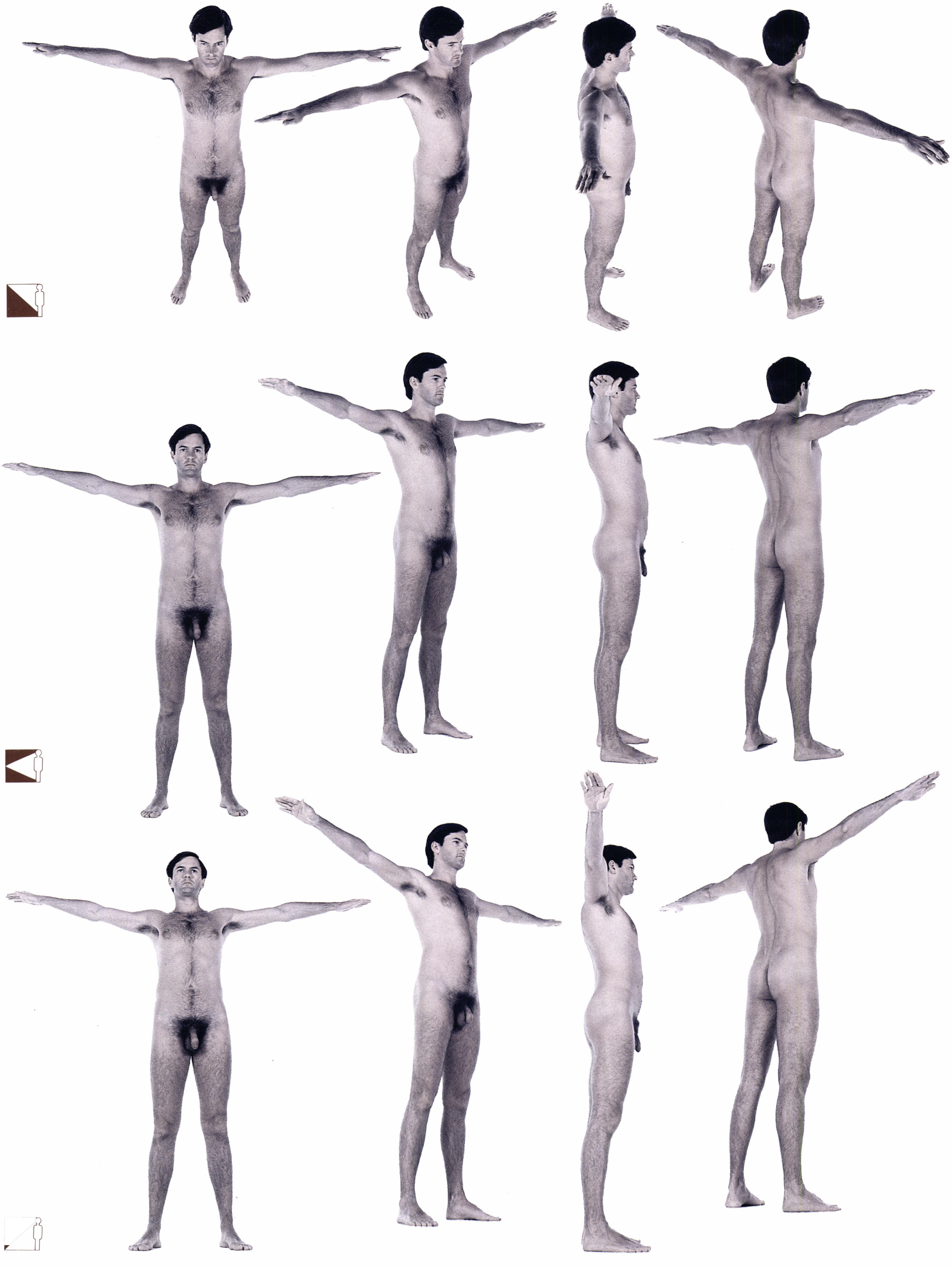


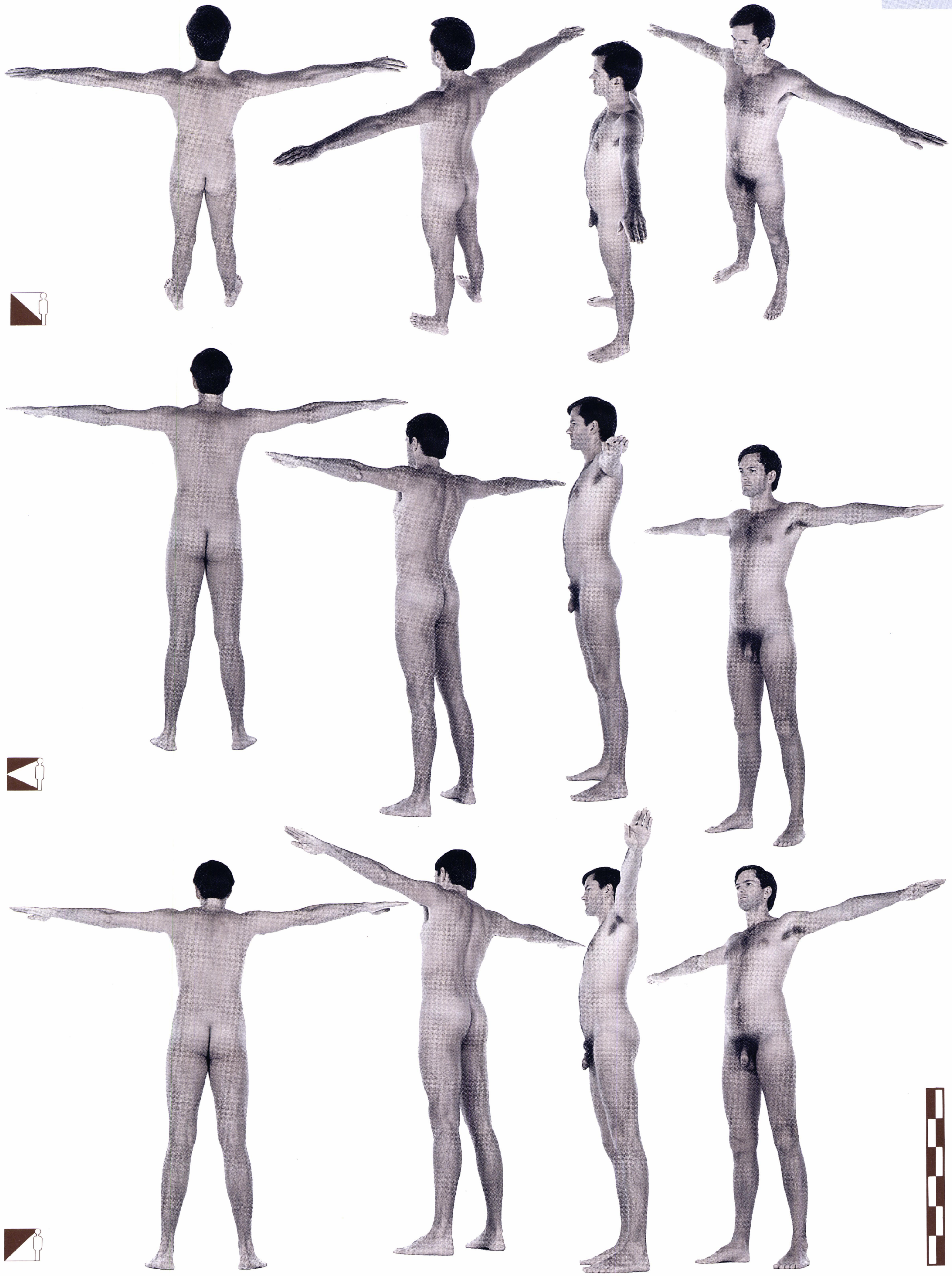
Arms folded

2·03

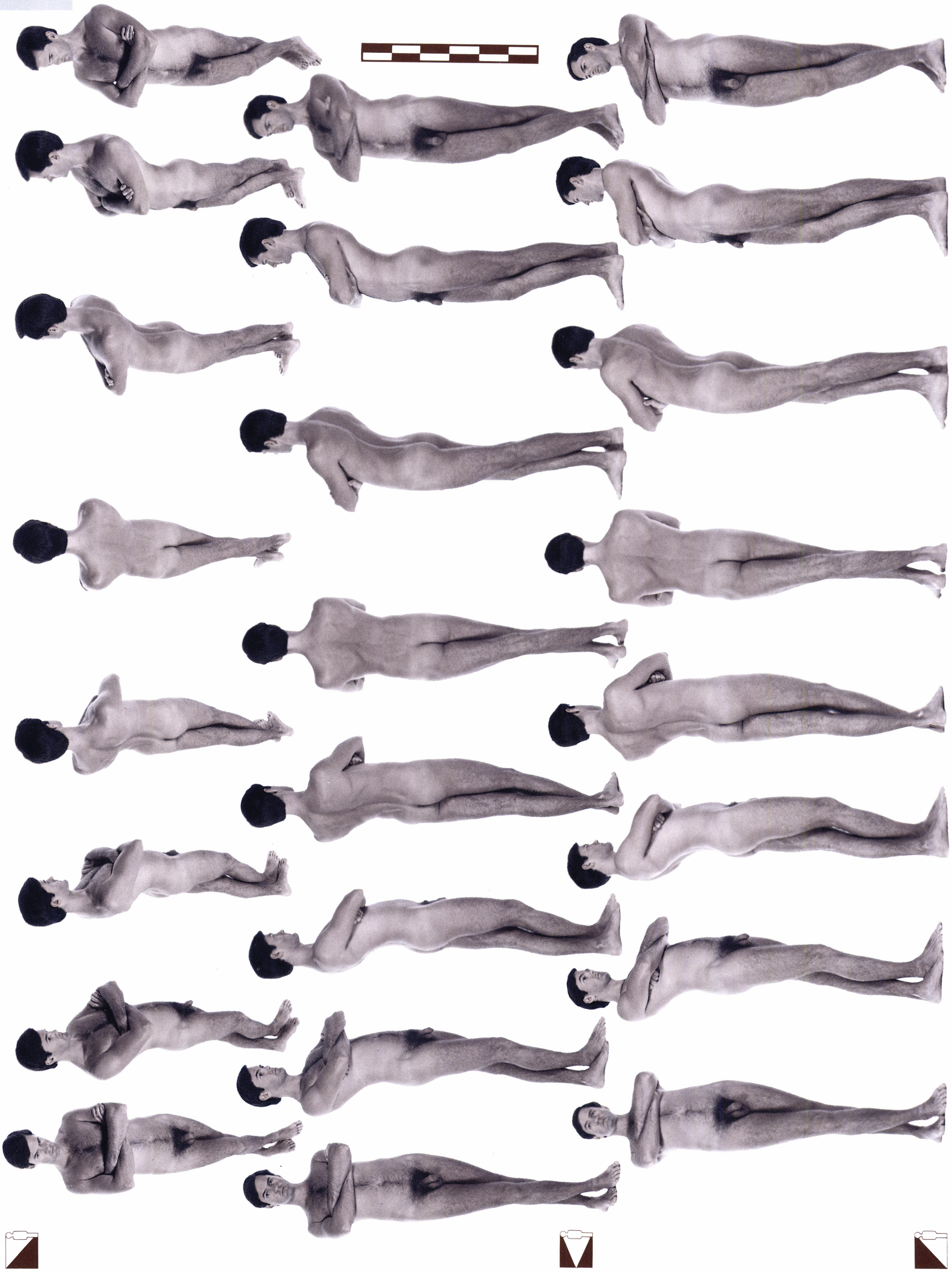


2·04 Arms stretched to side

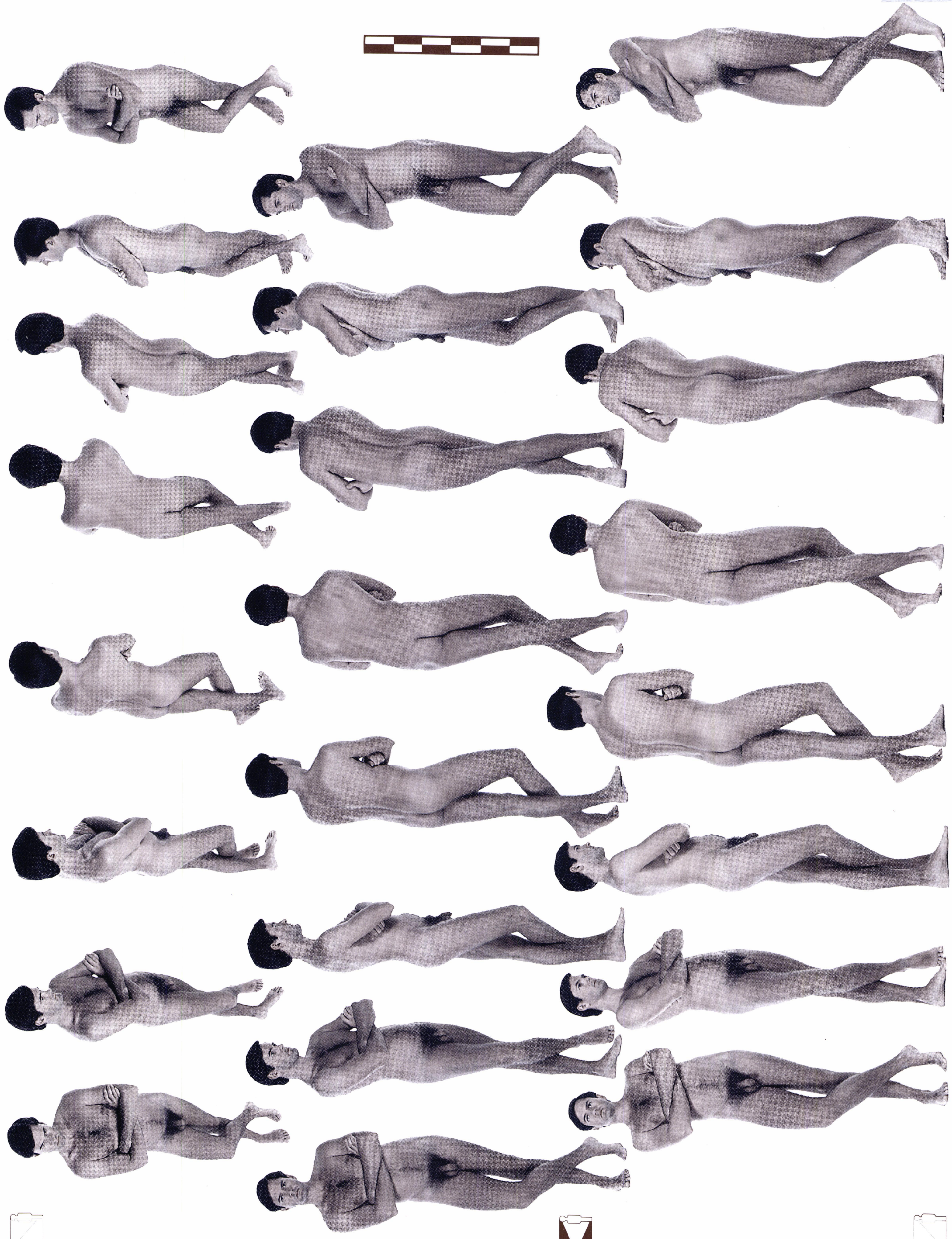




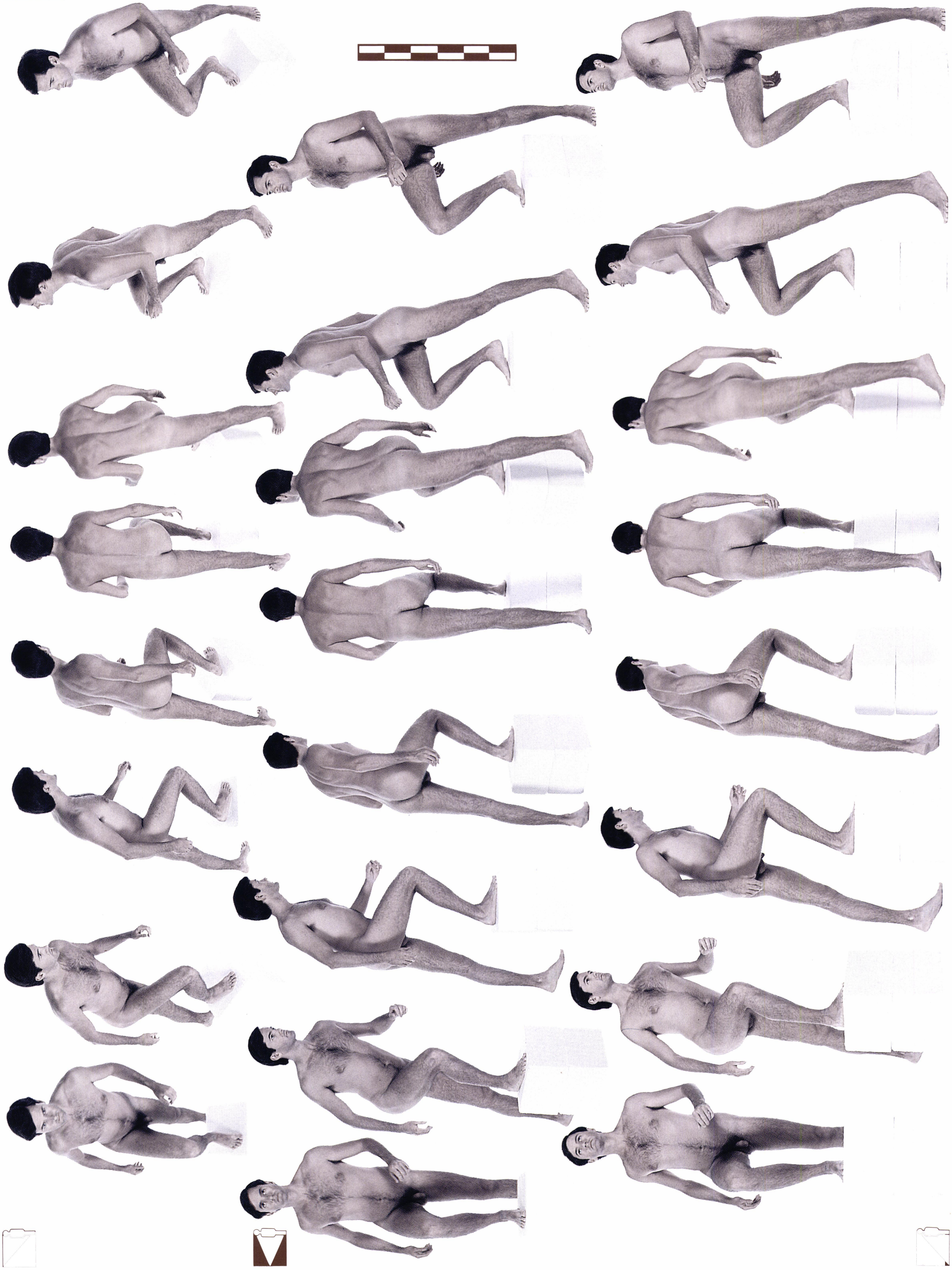
2·05 Leaning against wall with back



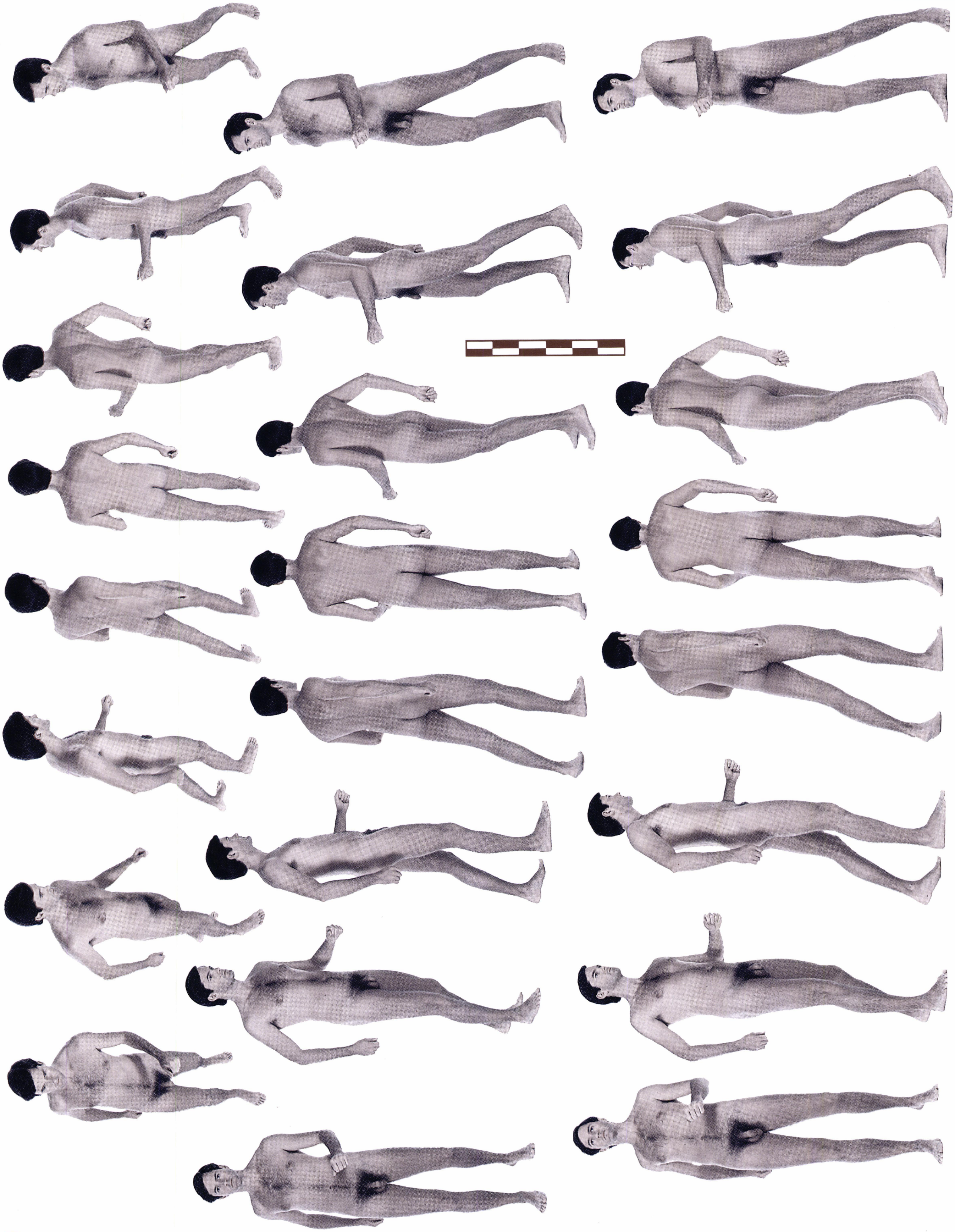
Leaning against wall with shoulders



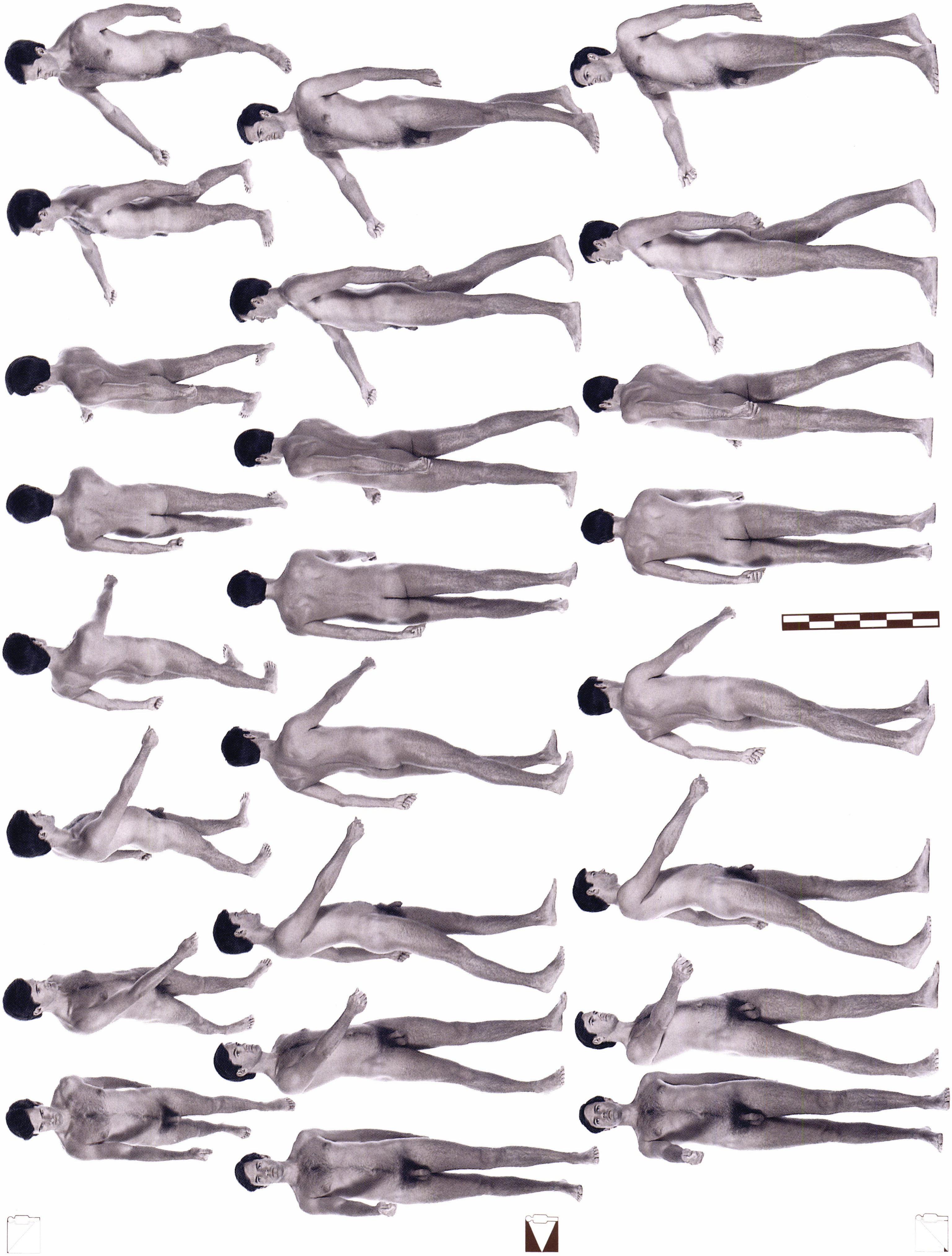
2·07 Climbing a step



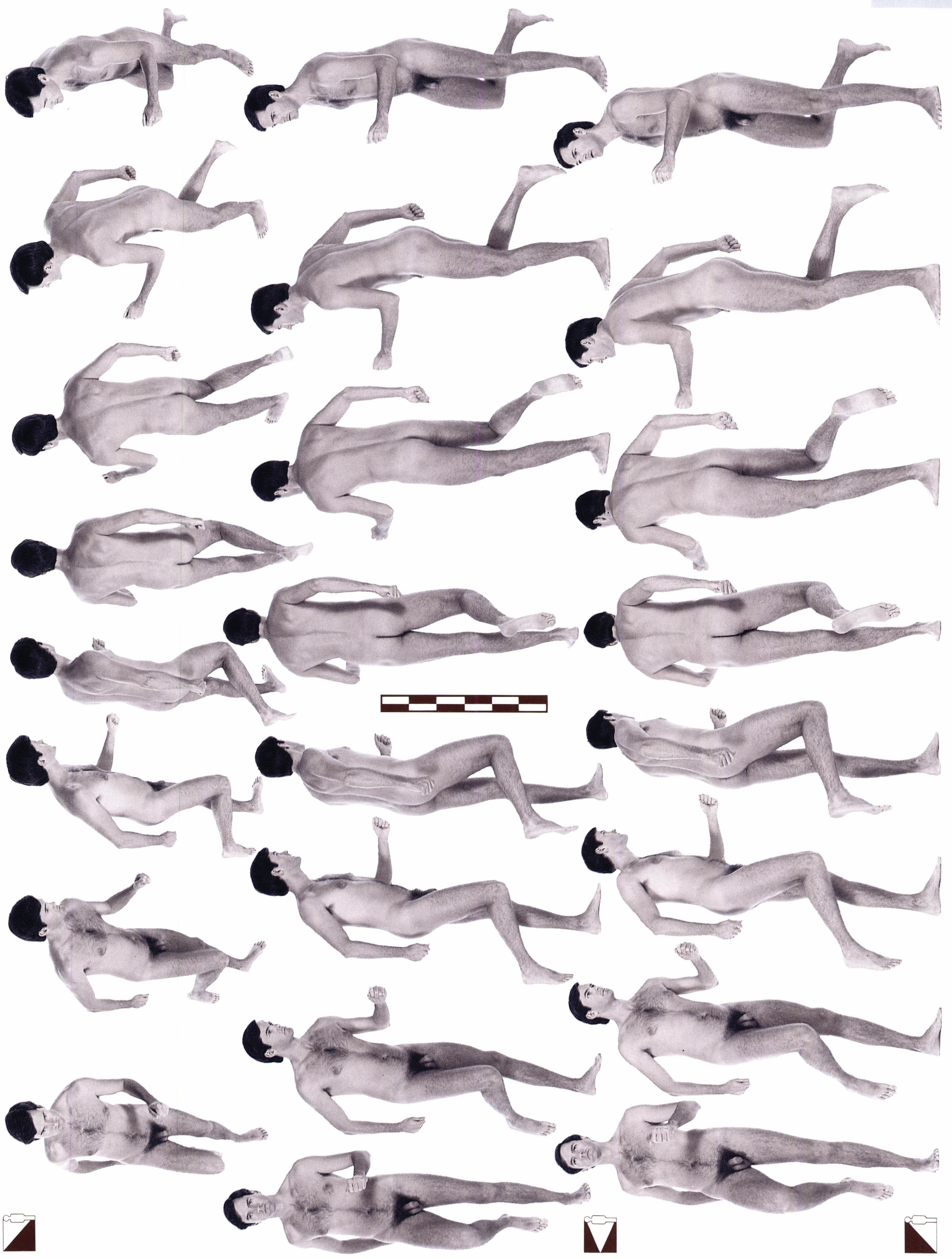
Walking



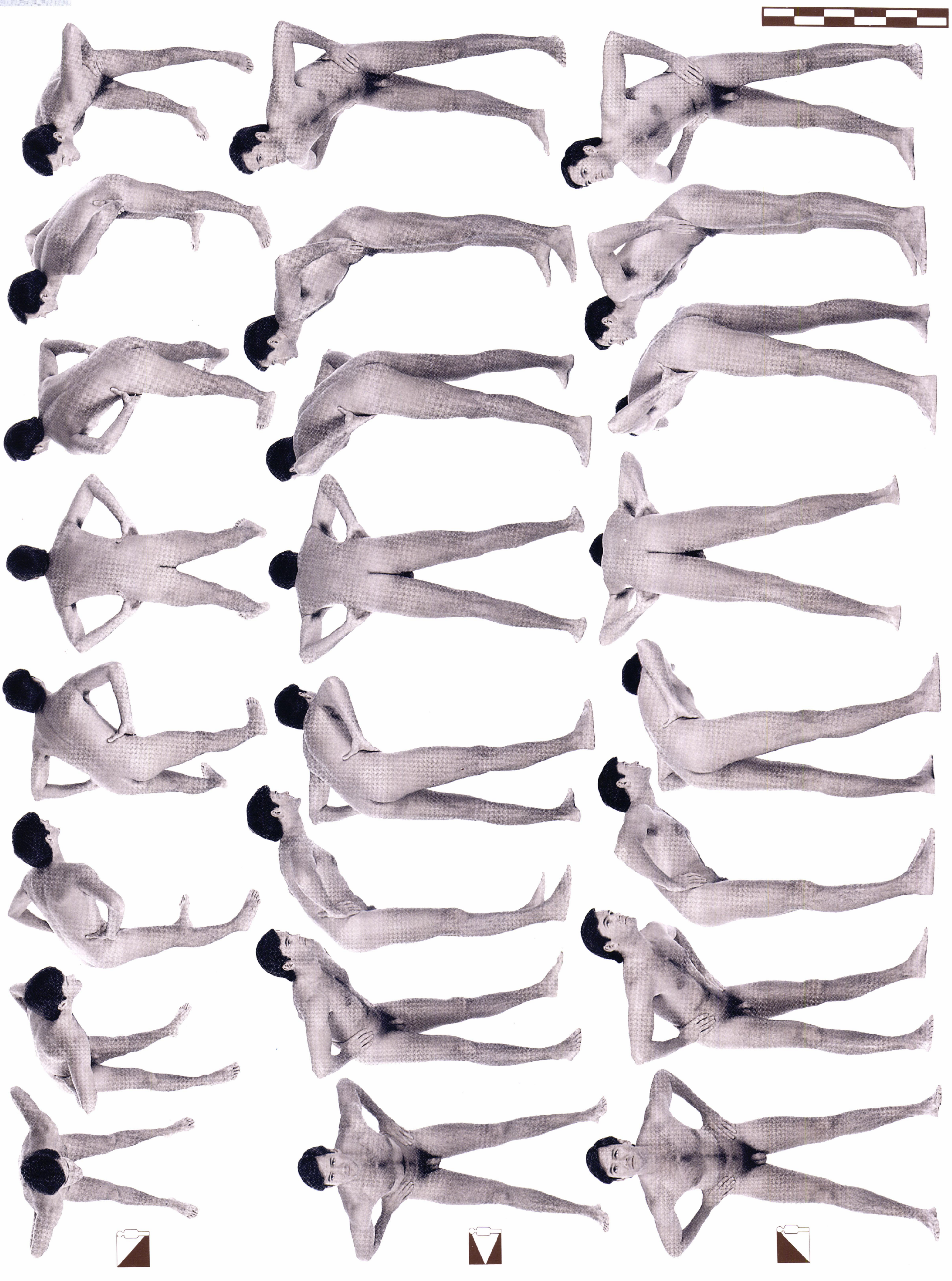
2·09 Marching

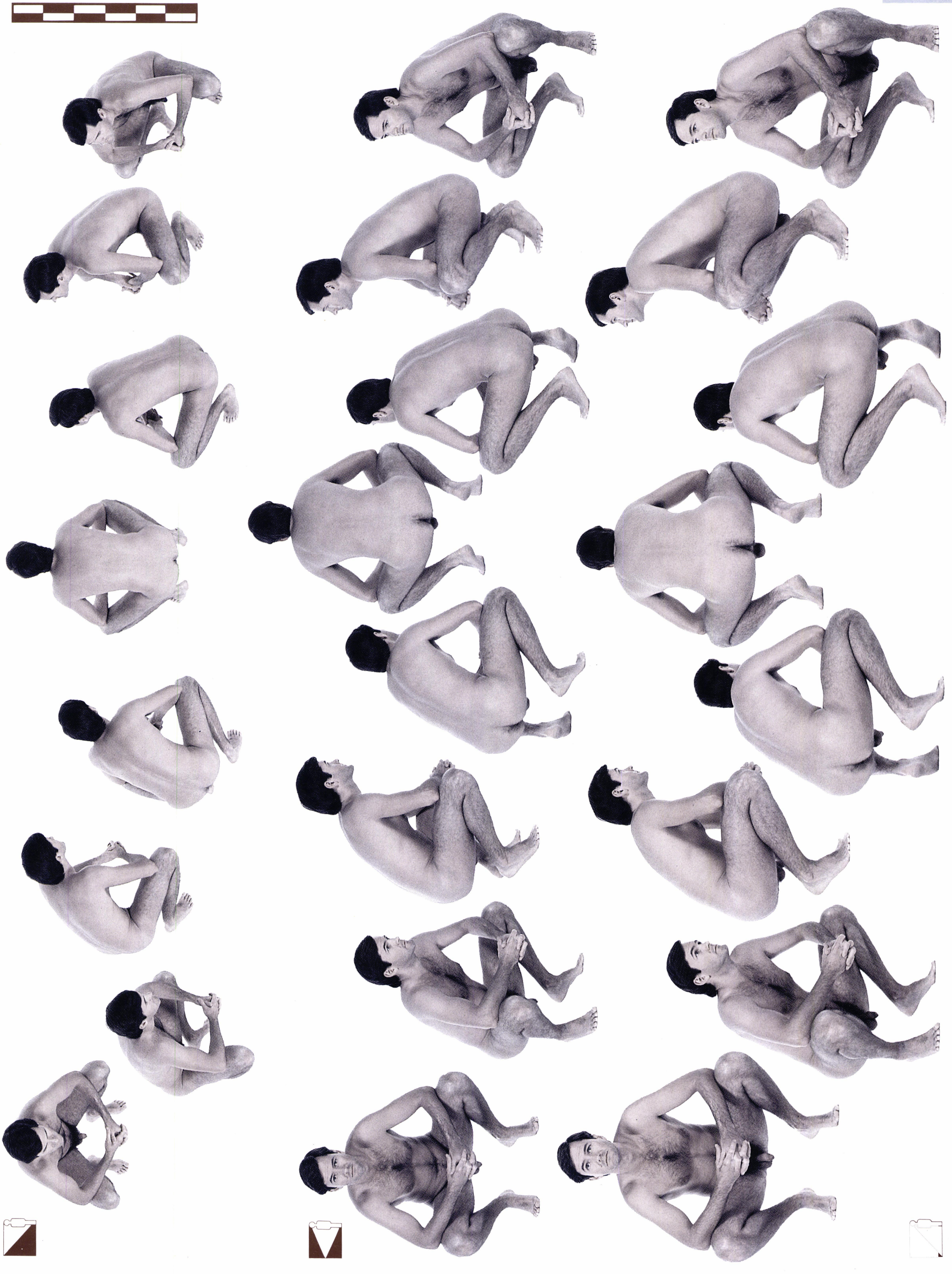


Running

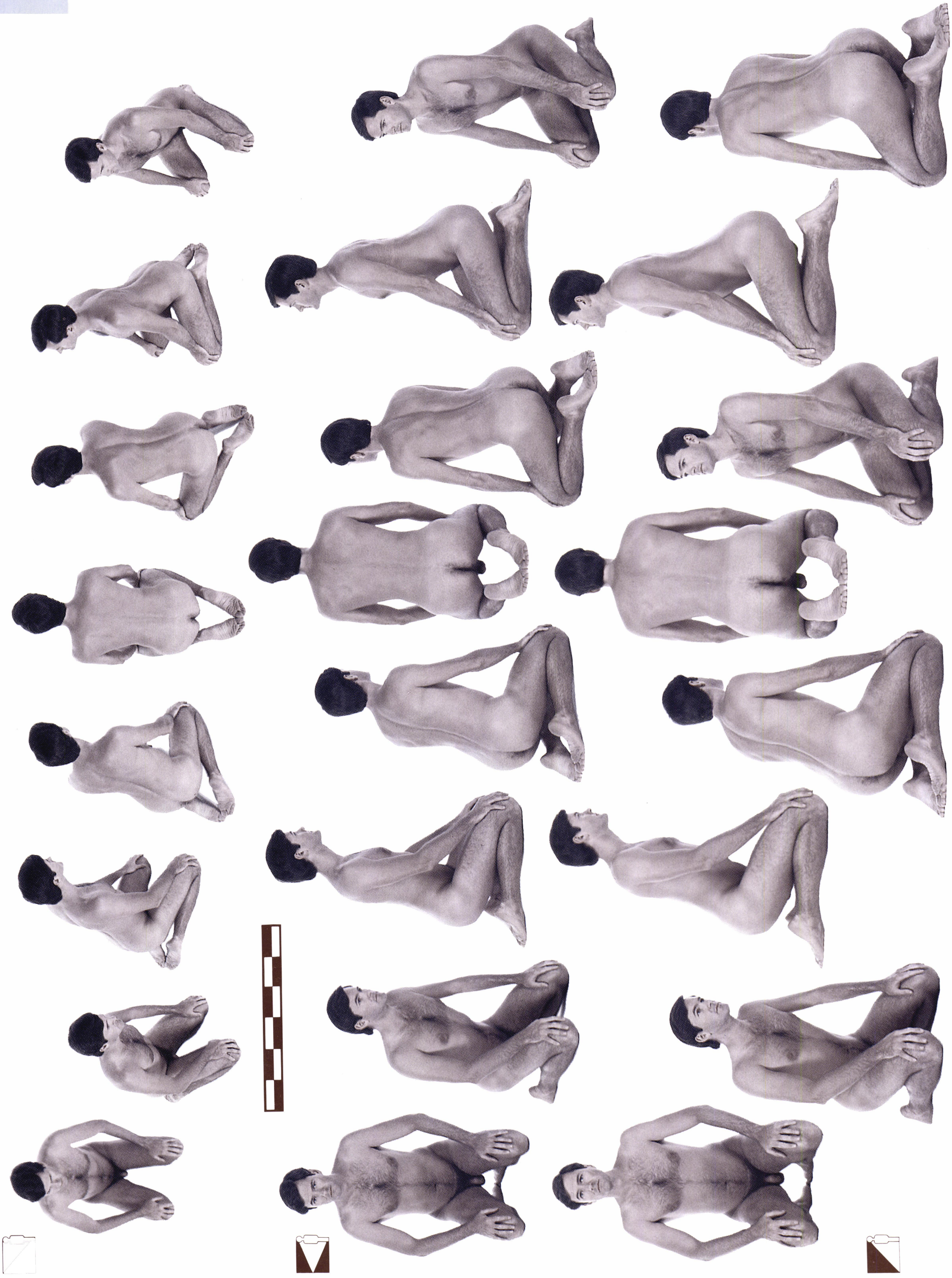


Upper trunk bending down

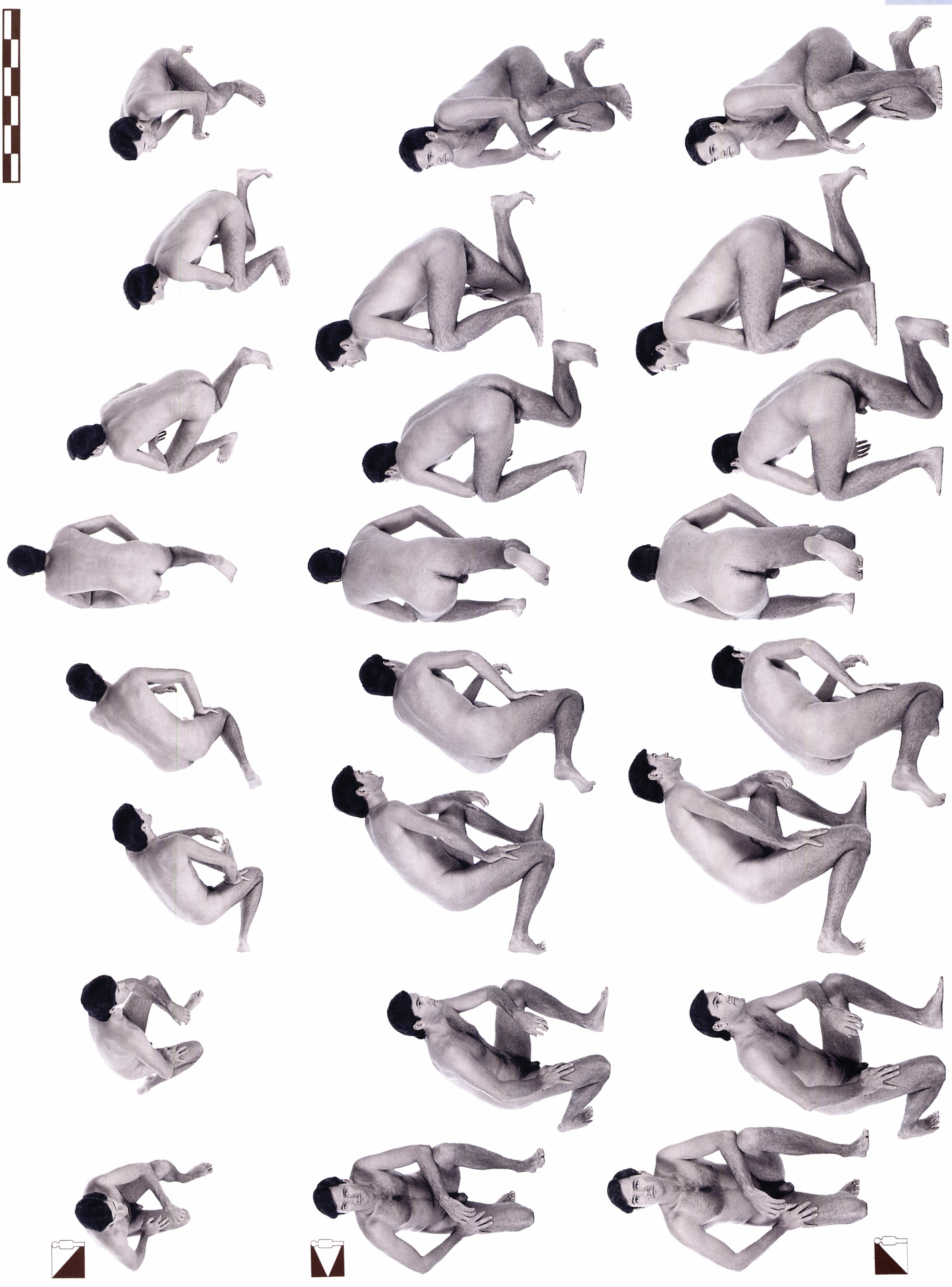




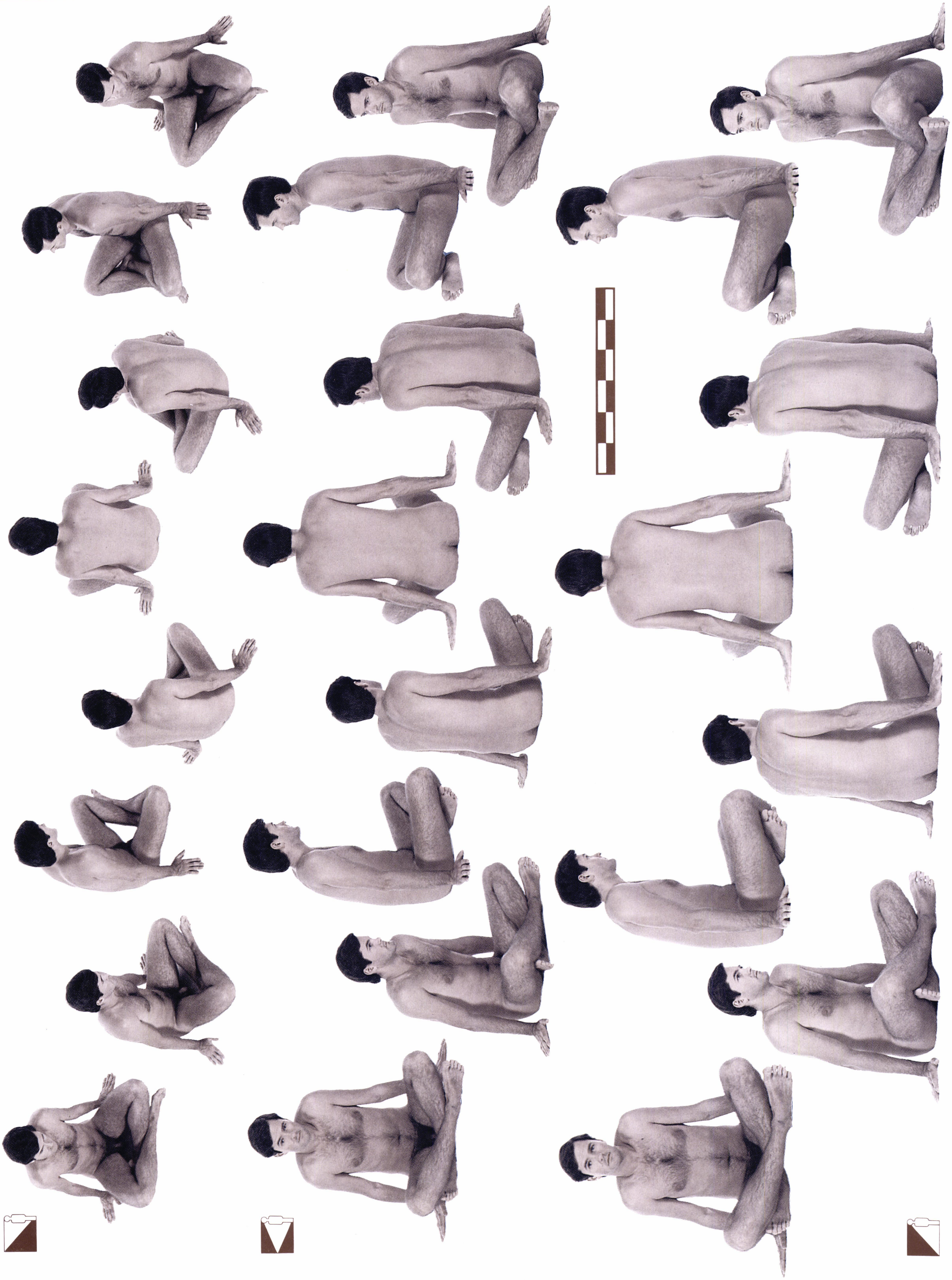
Kneeling



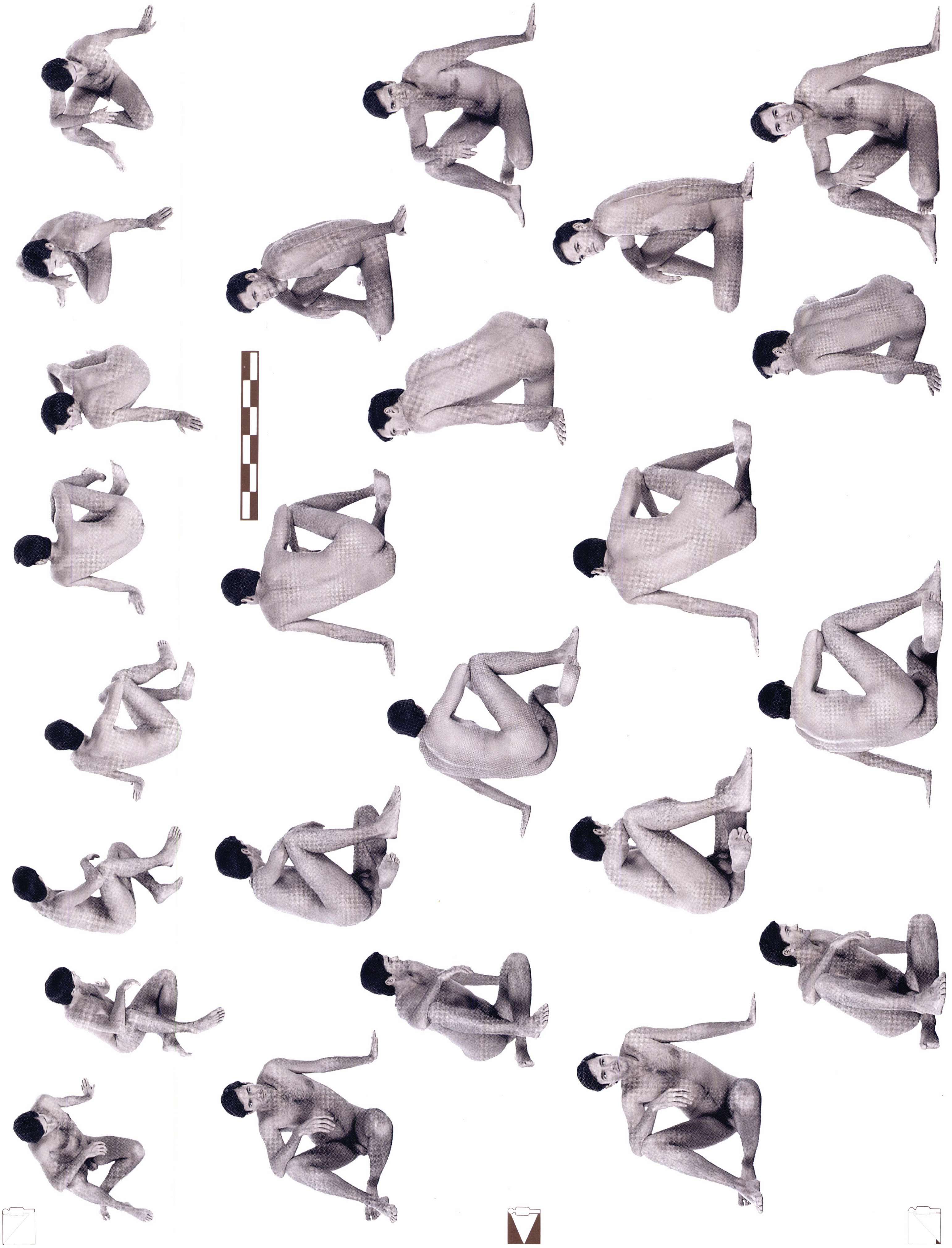
Crouching, one leg raised



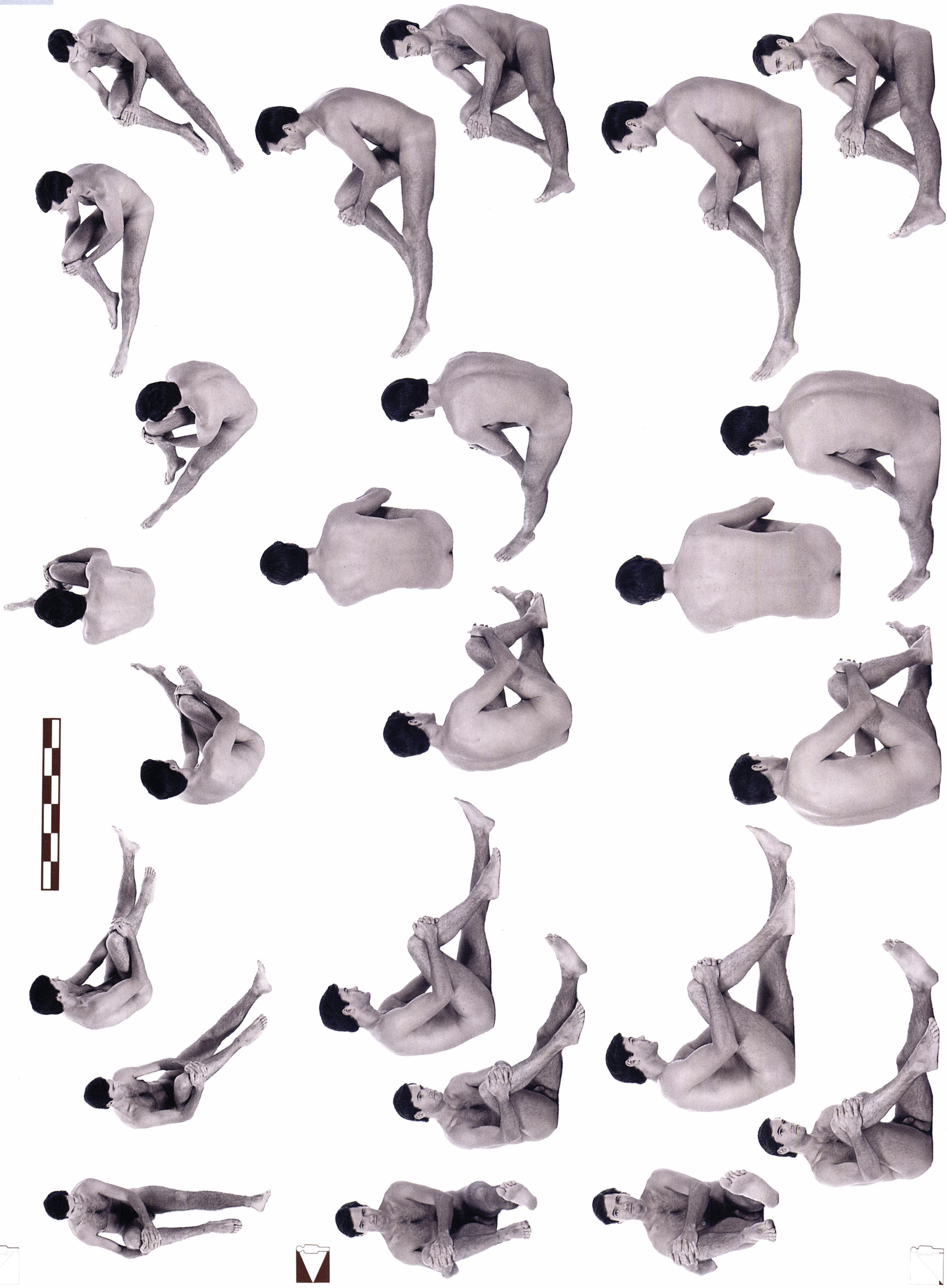
Sitting with arms by sides



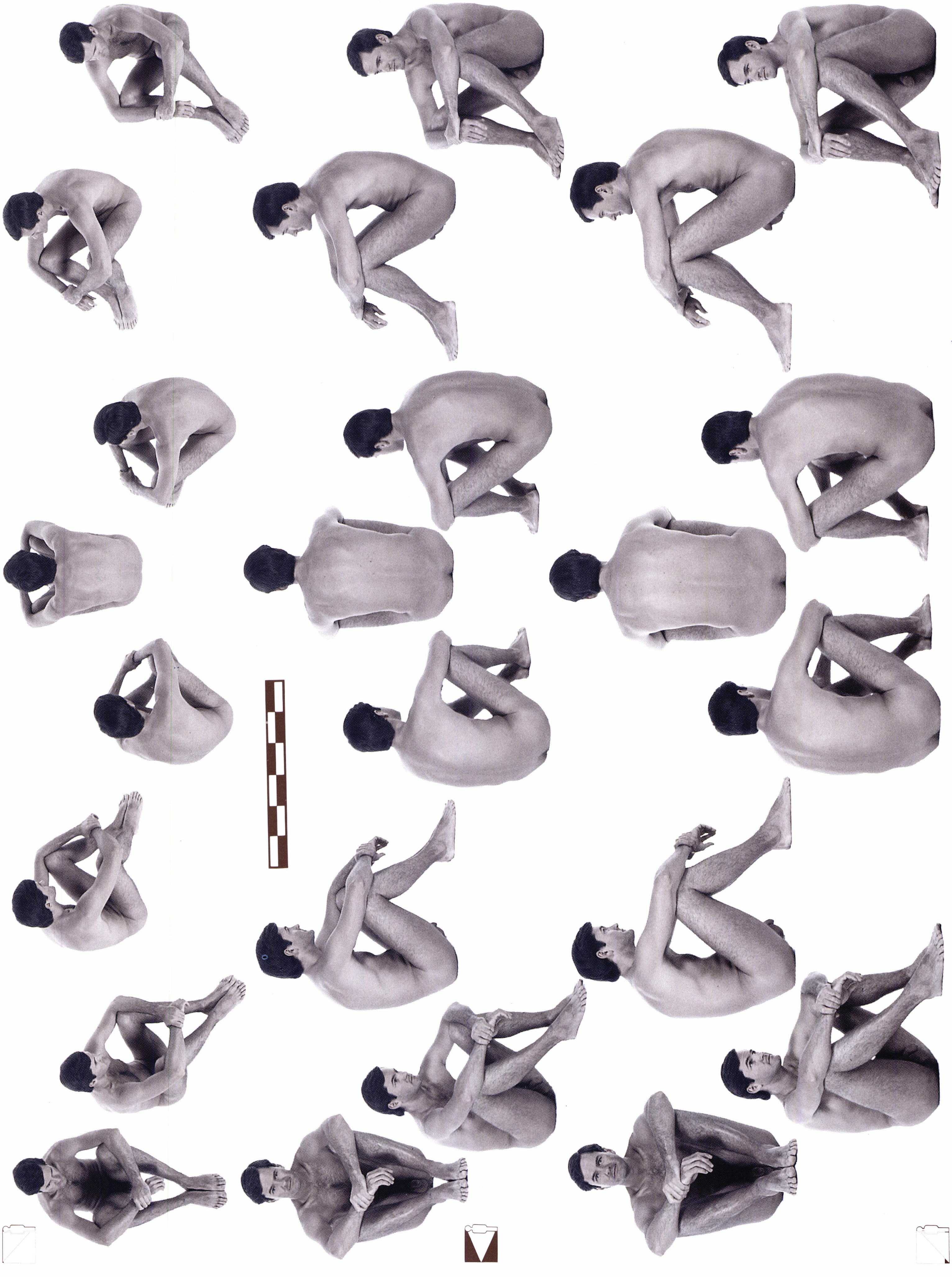
Sitting propped up by one arm



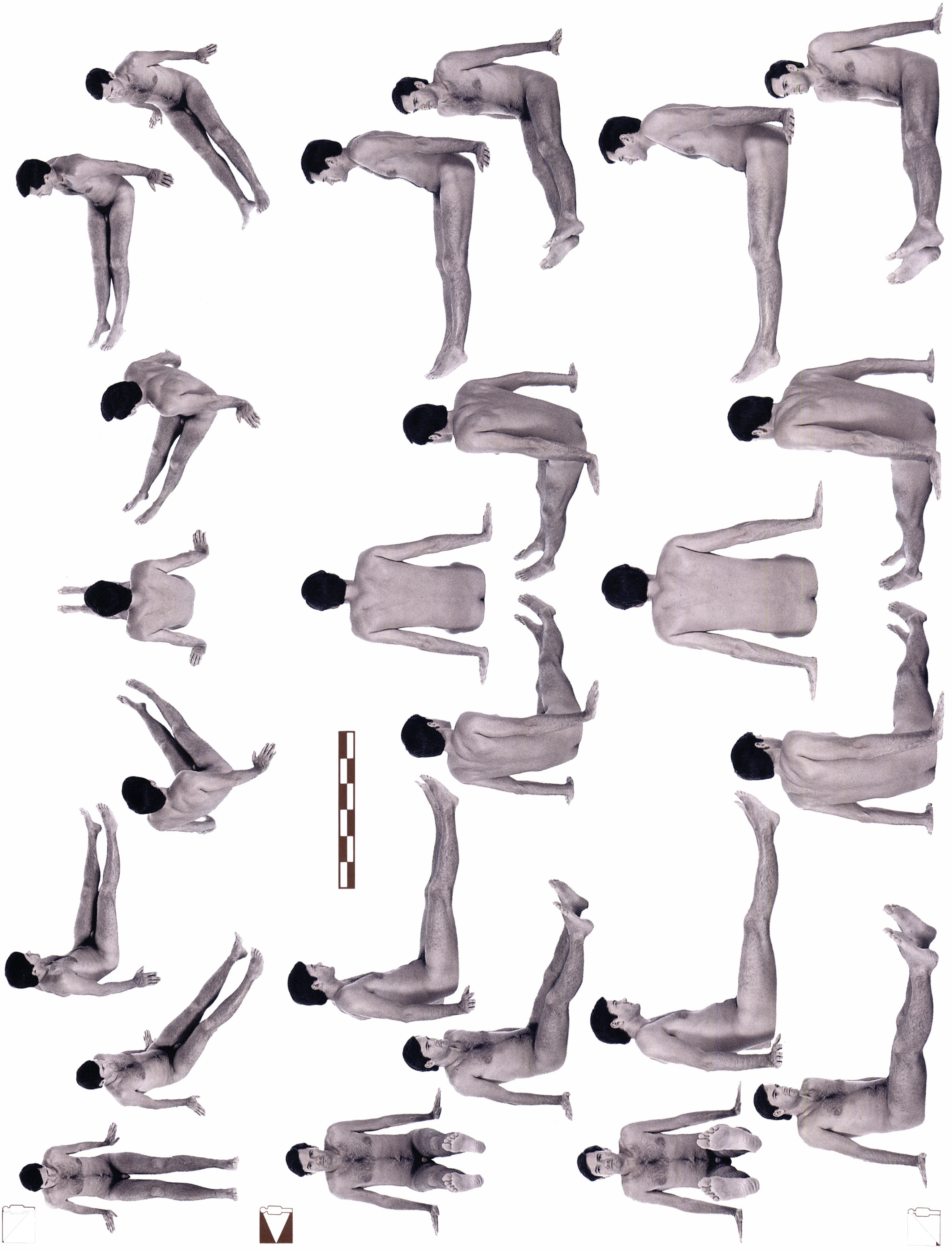
2·17 Sitting with one leg outstretched



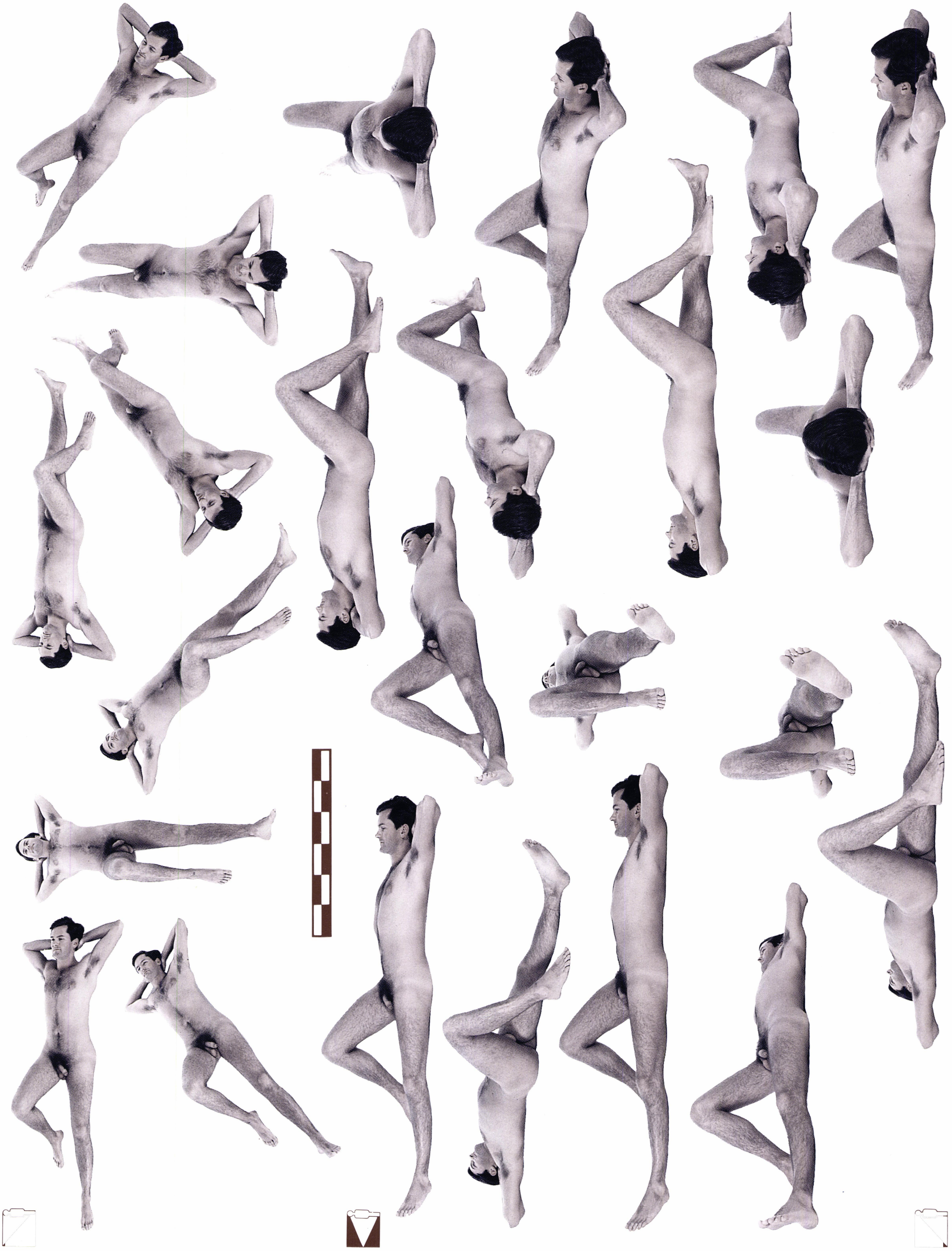
Sitting with arms round knees



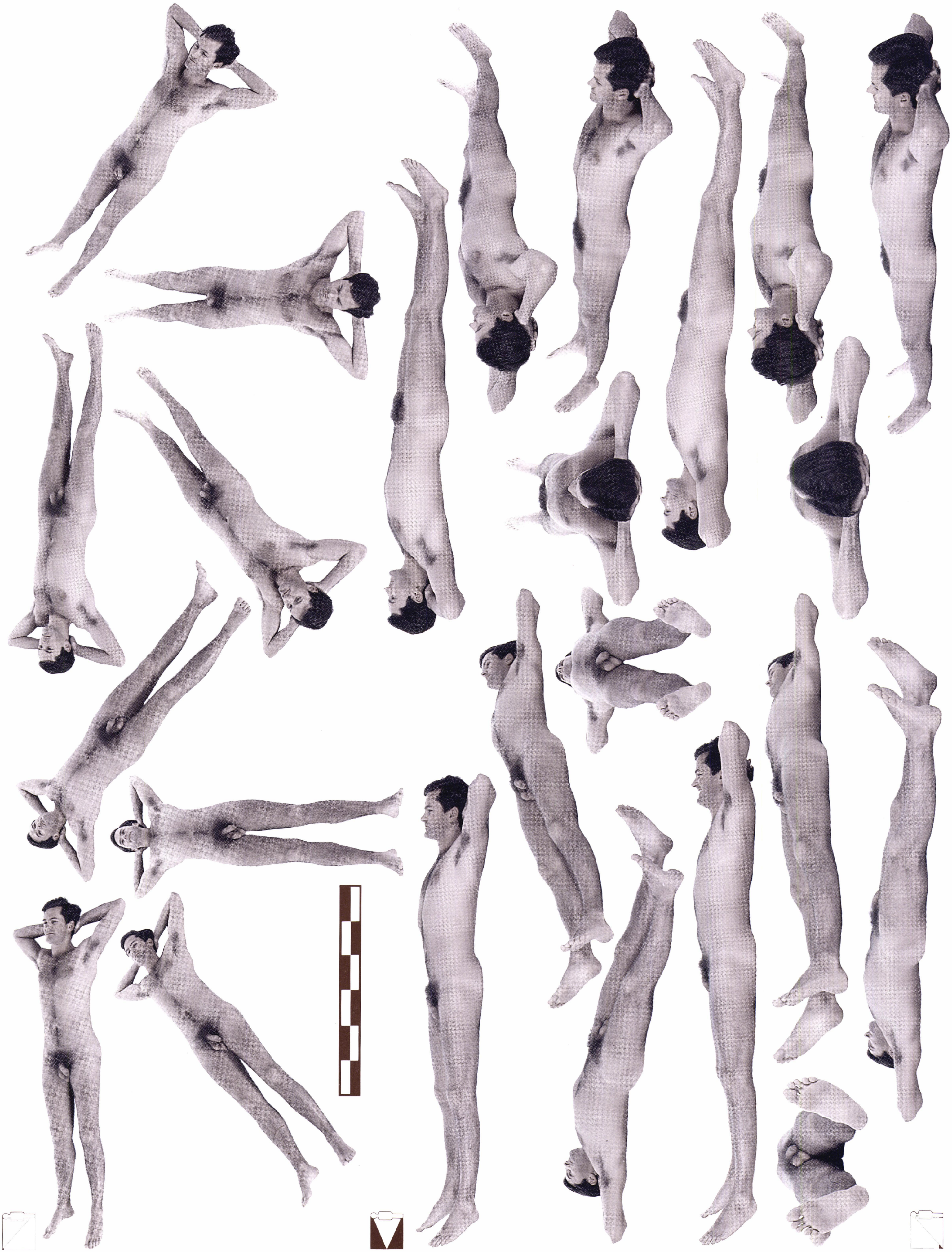
Sitting with legs outstretched



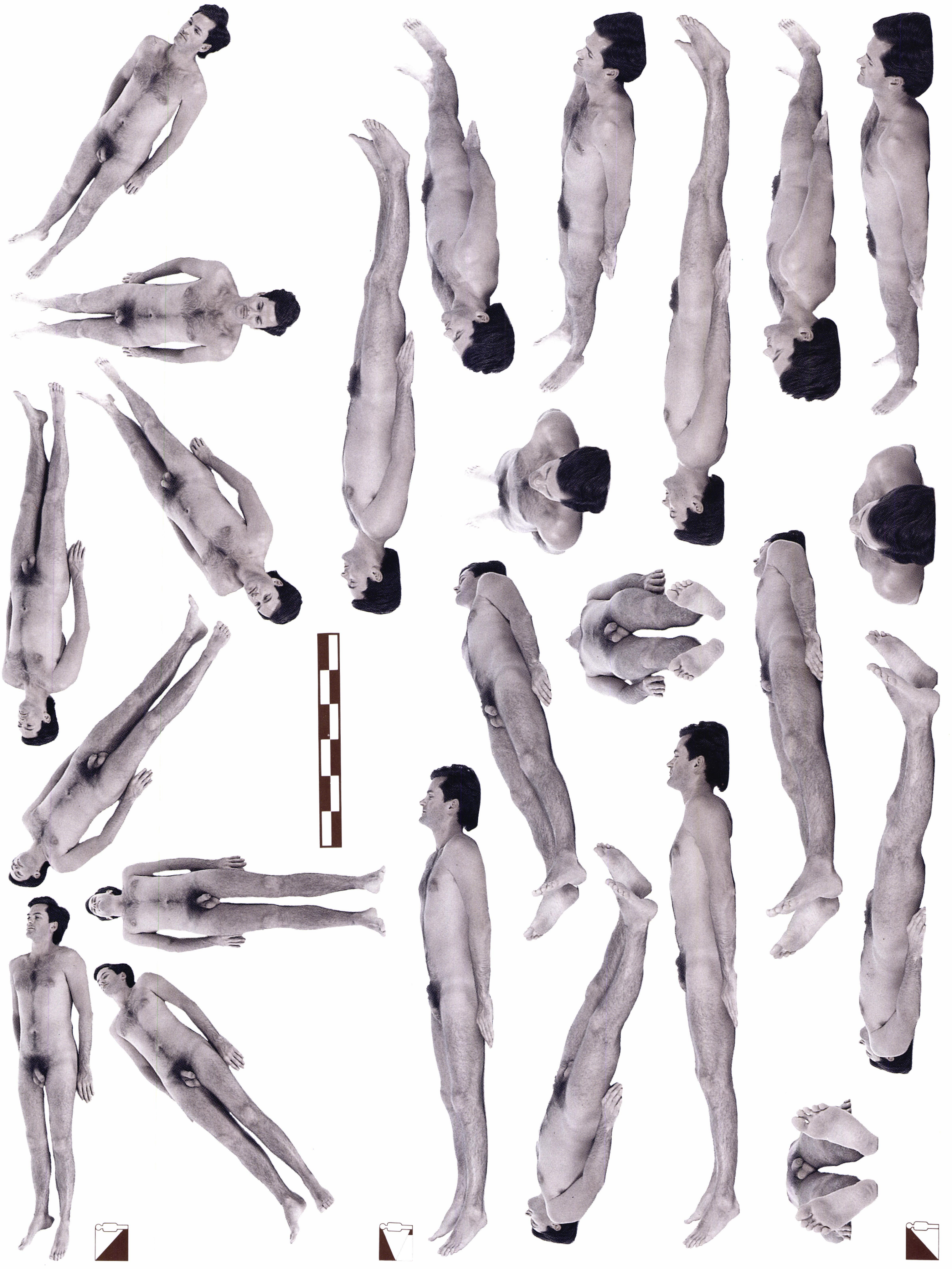
On back, hands behind head, one knee raised



2·21 On back, hands behind head

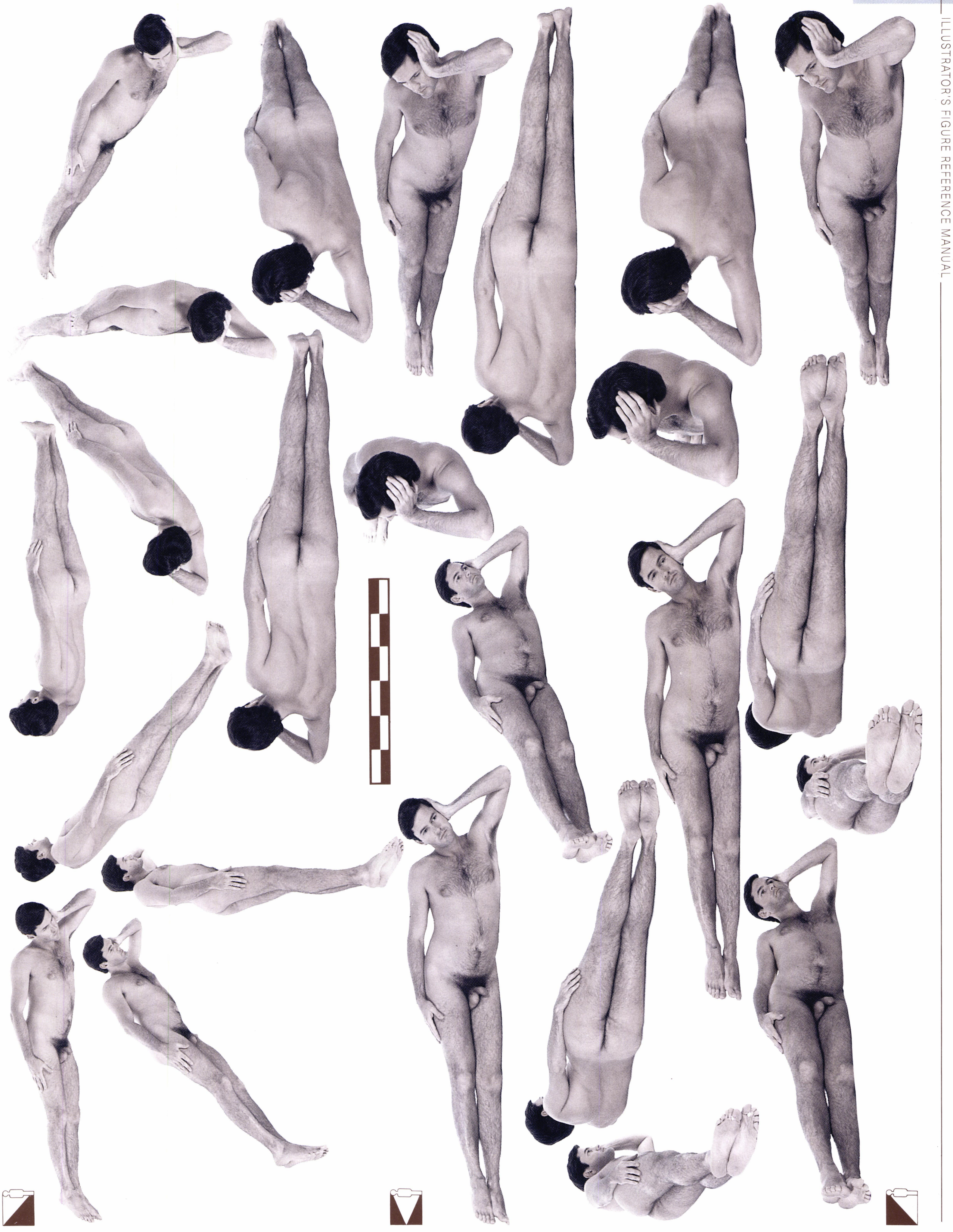


On back, limbs by the side

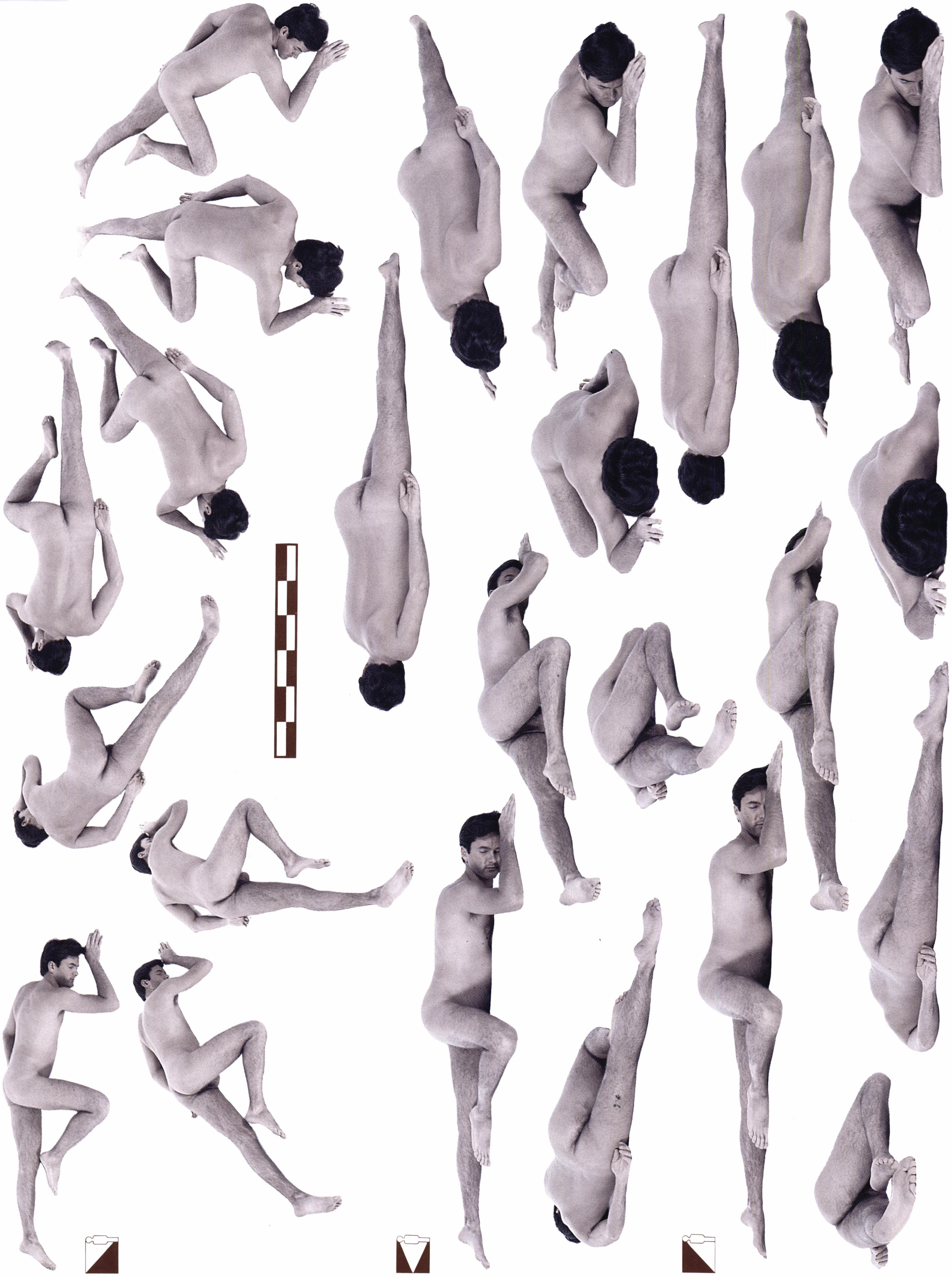


On back, limbs outstretched

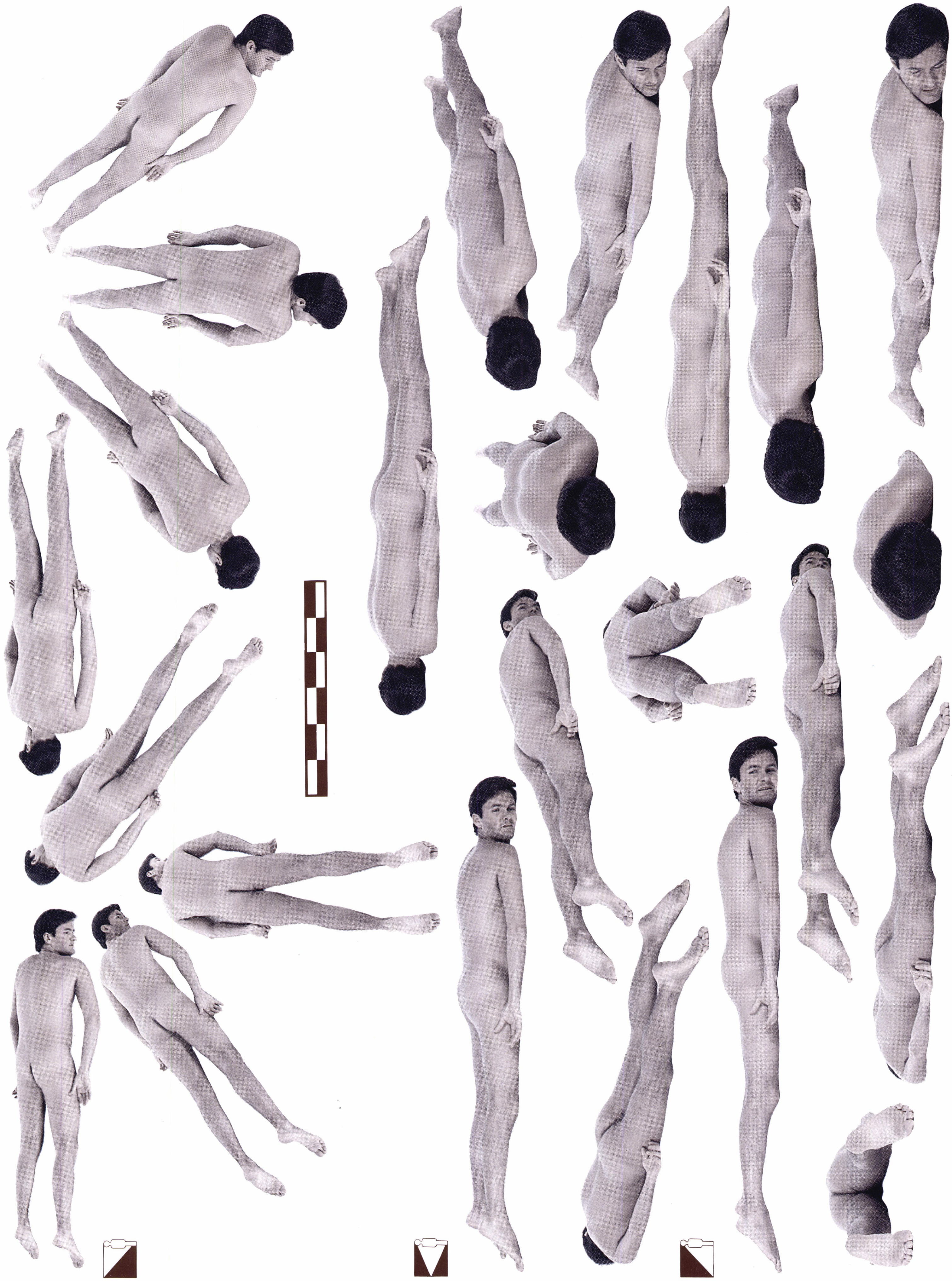
On side, limbs by the side



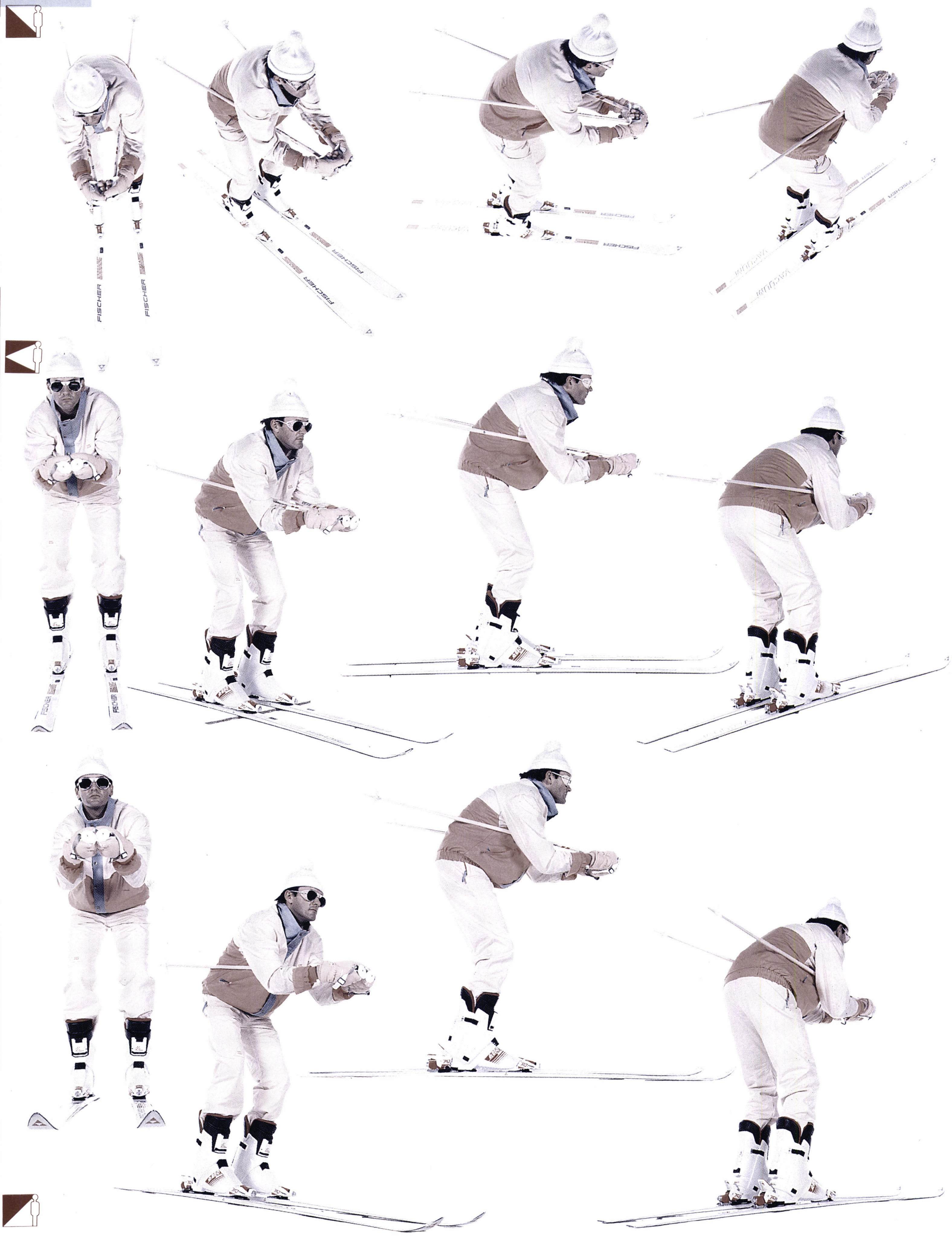
2·25 On side, one knee raised

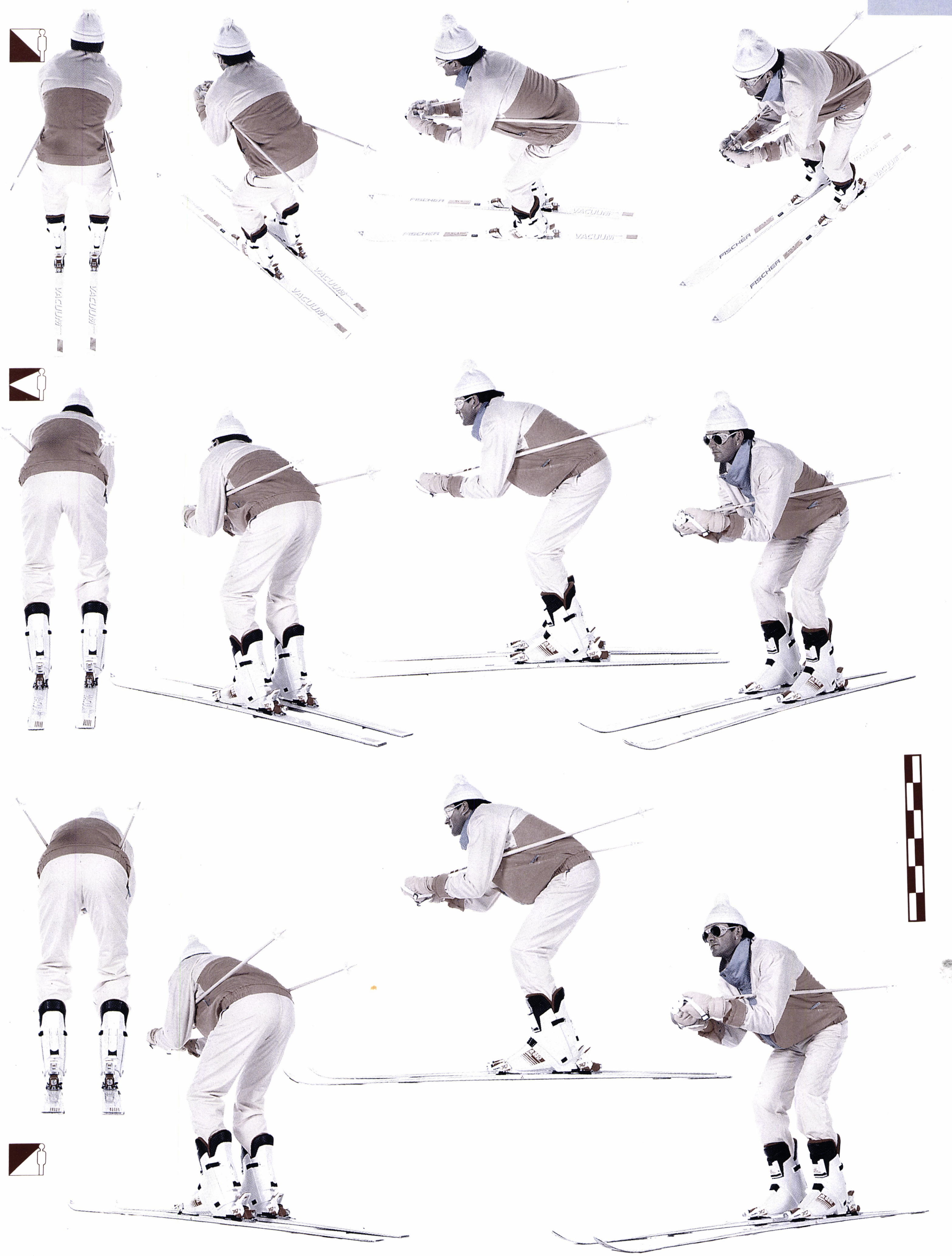


Face down, limbs by the side

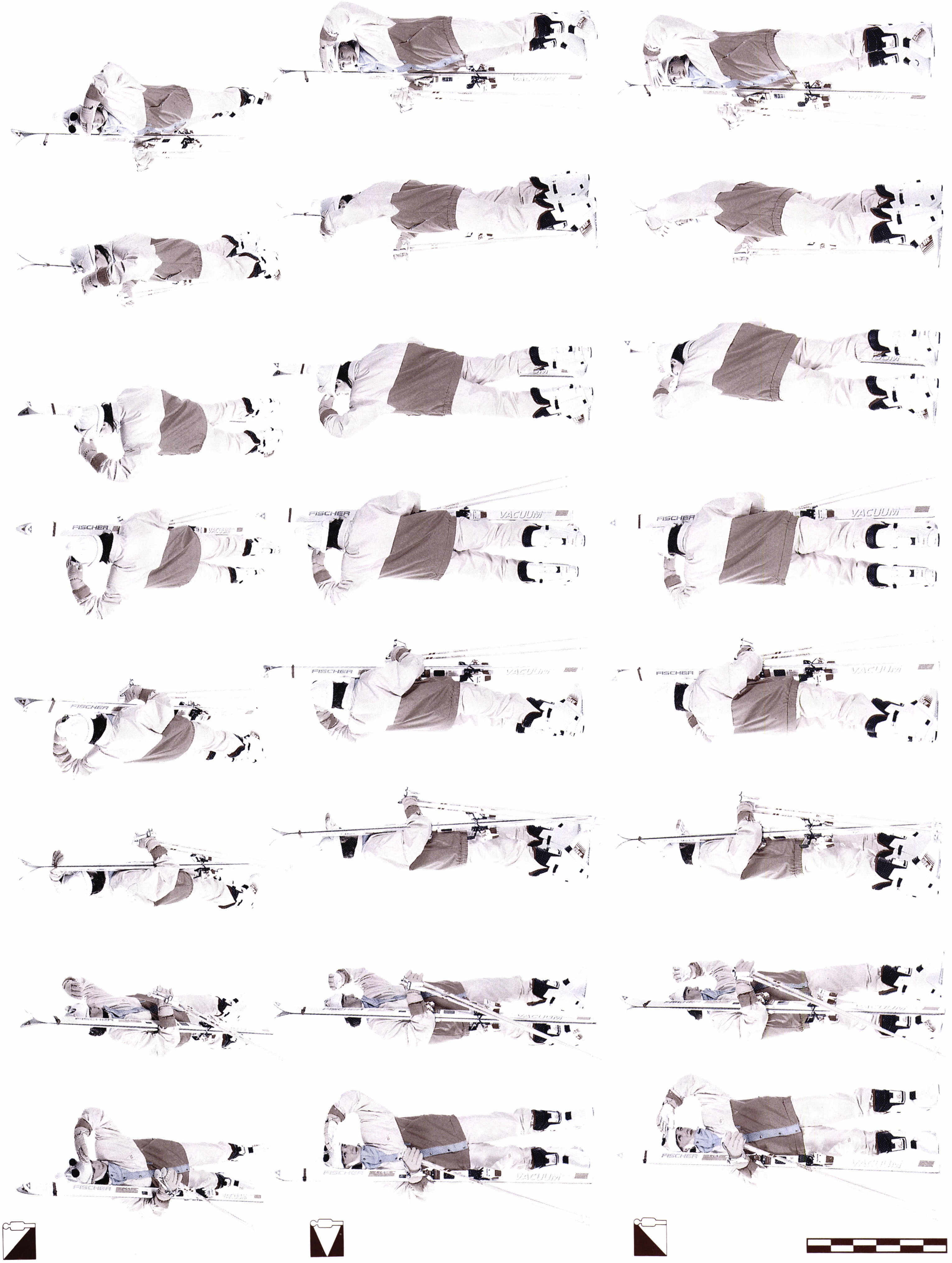


3·01 Skiing – schuss

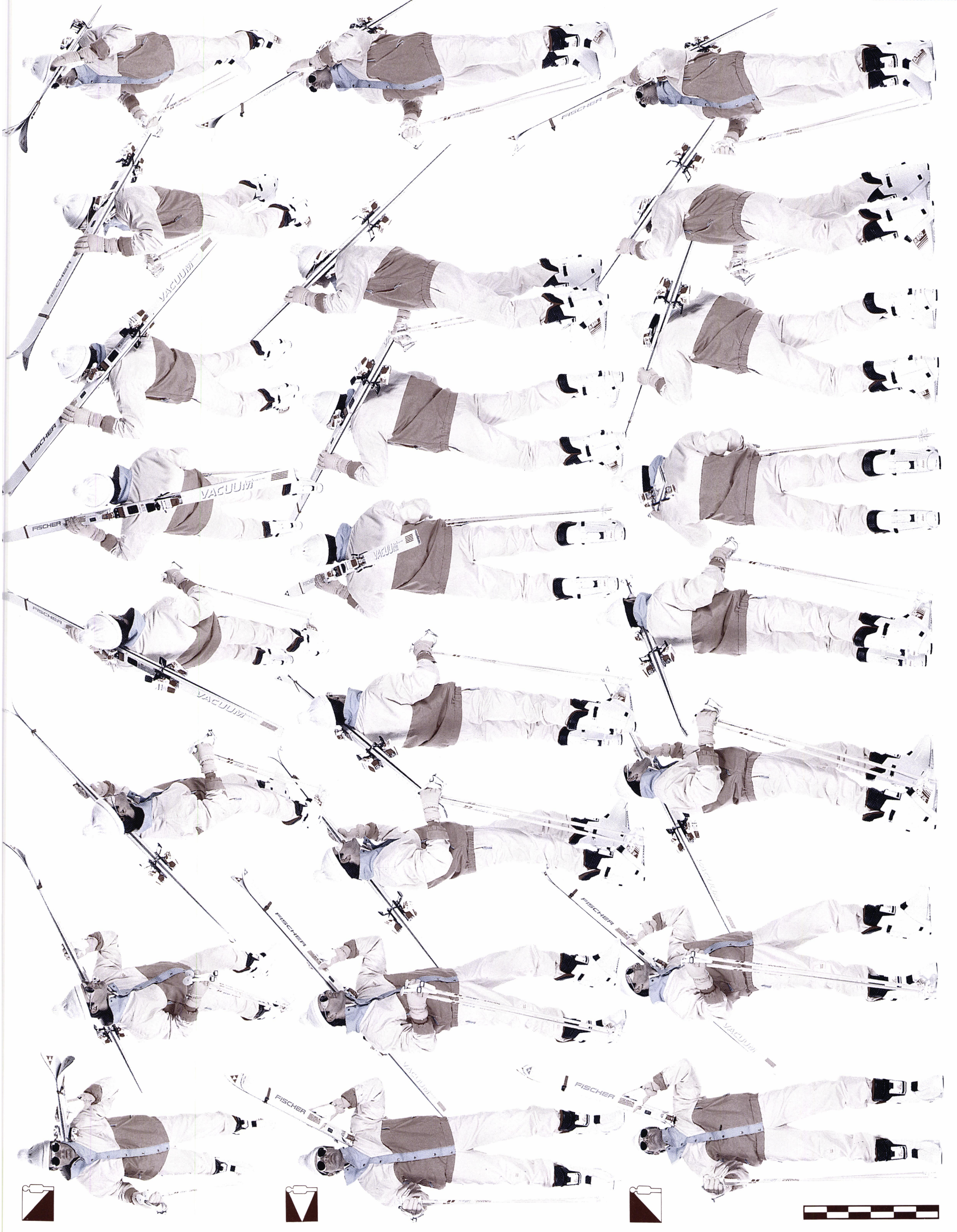



VACUUM
FISCHER

Skiing – admiring the view

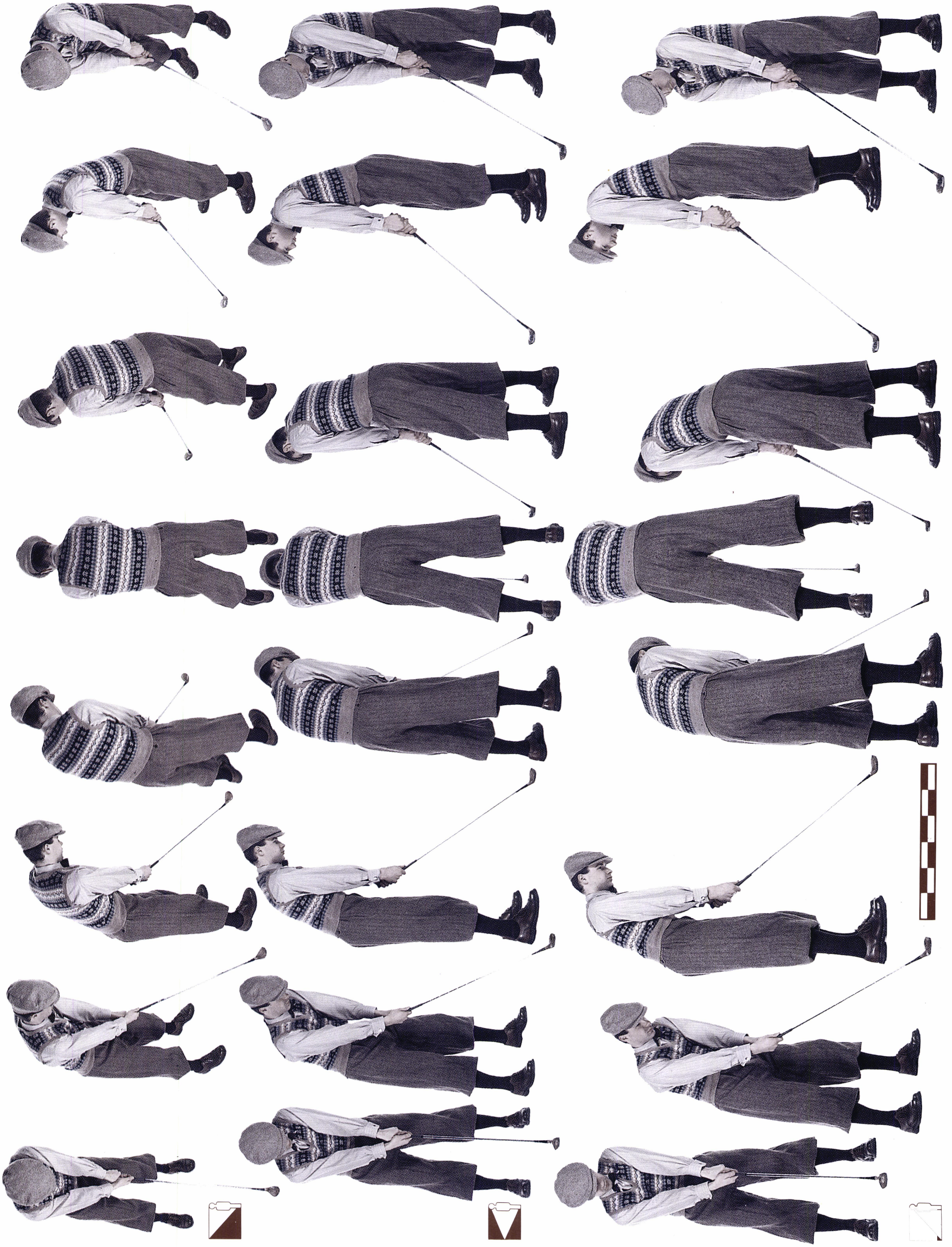


Skier – carrying skis

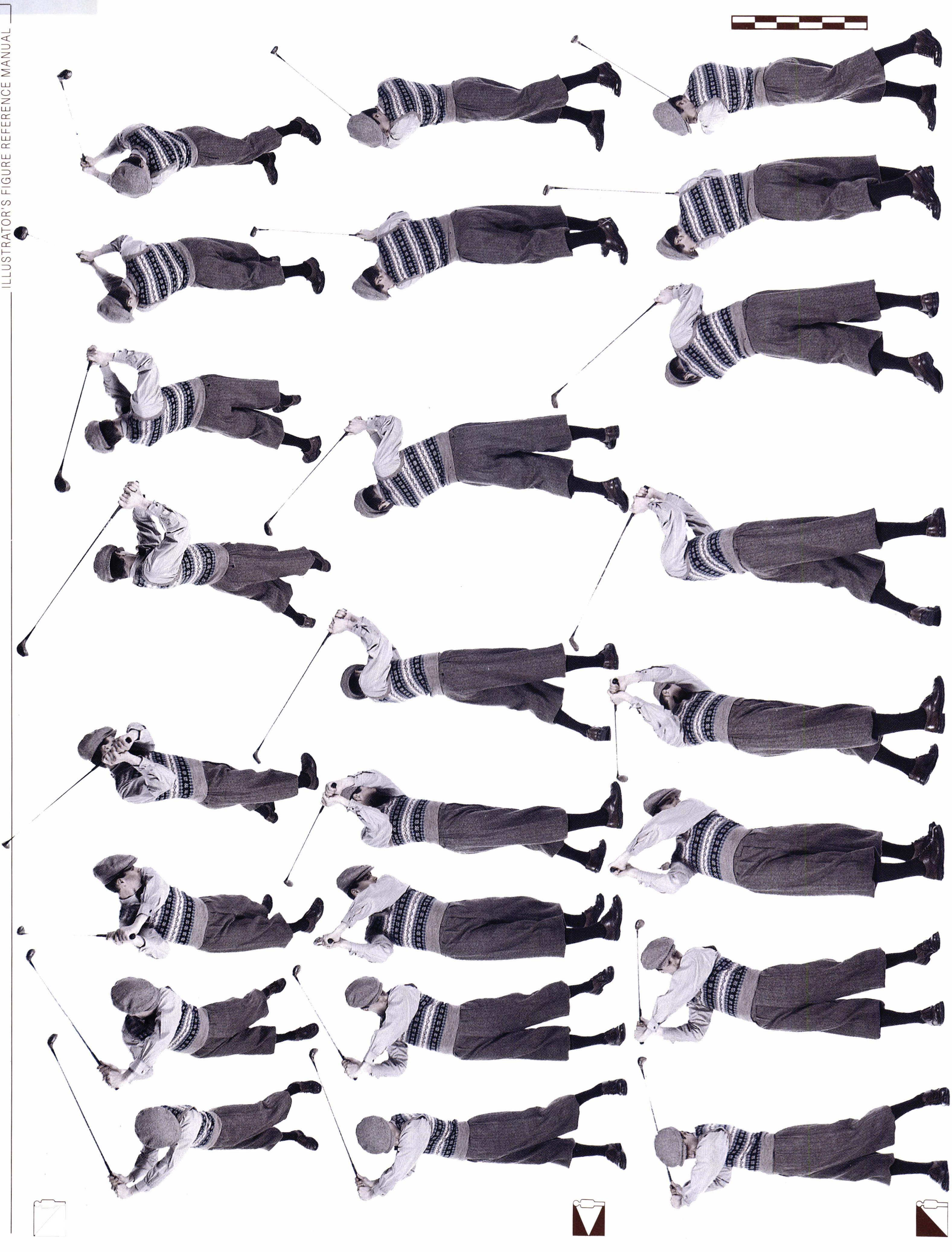


Golf – admiring the shot

Golf – addressing the ball



Golf – top of backswing



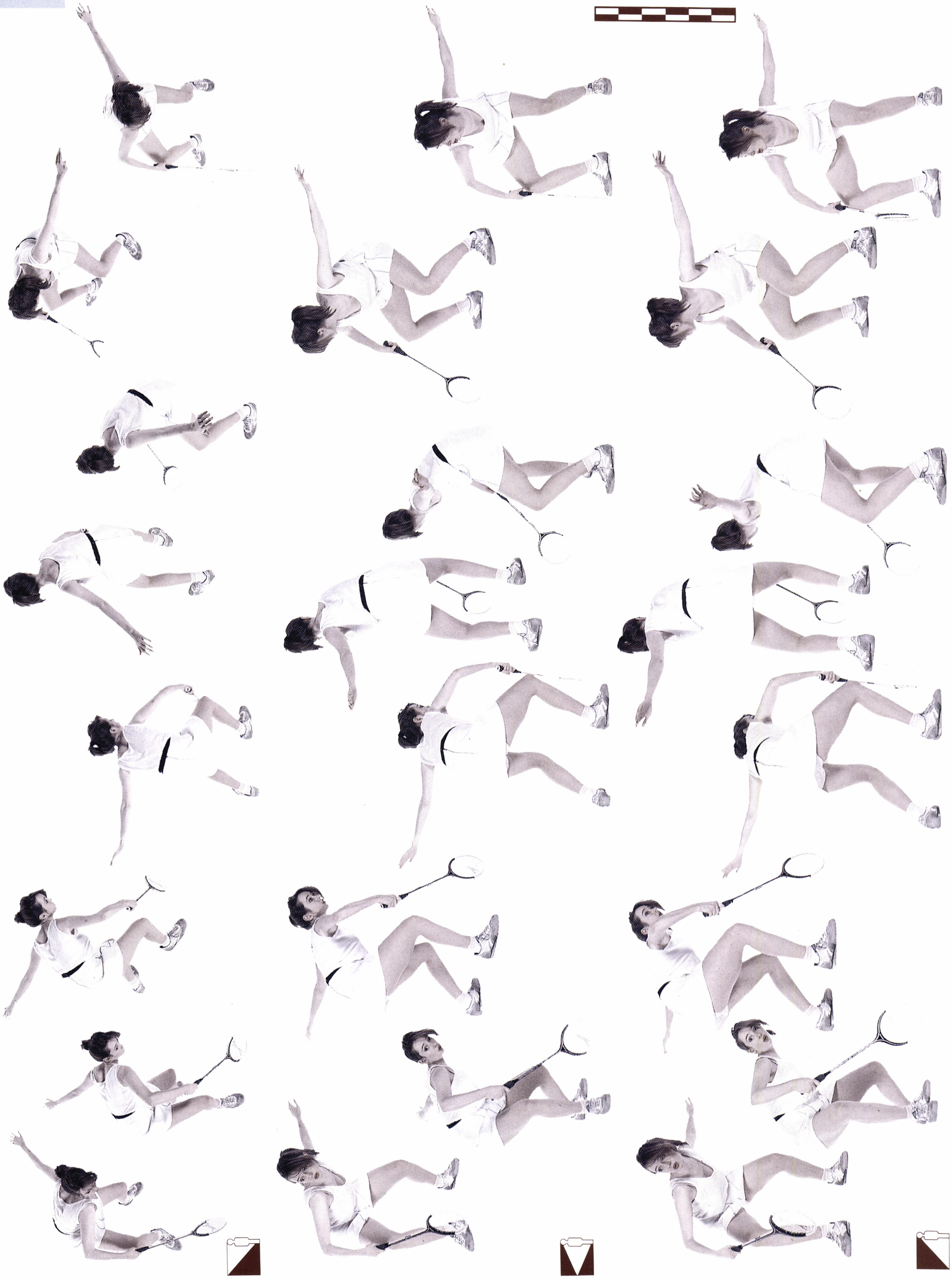
Tennis – ready to receive

Tennis – forehand drive

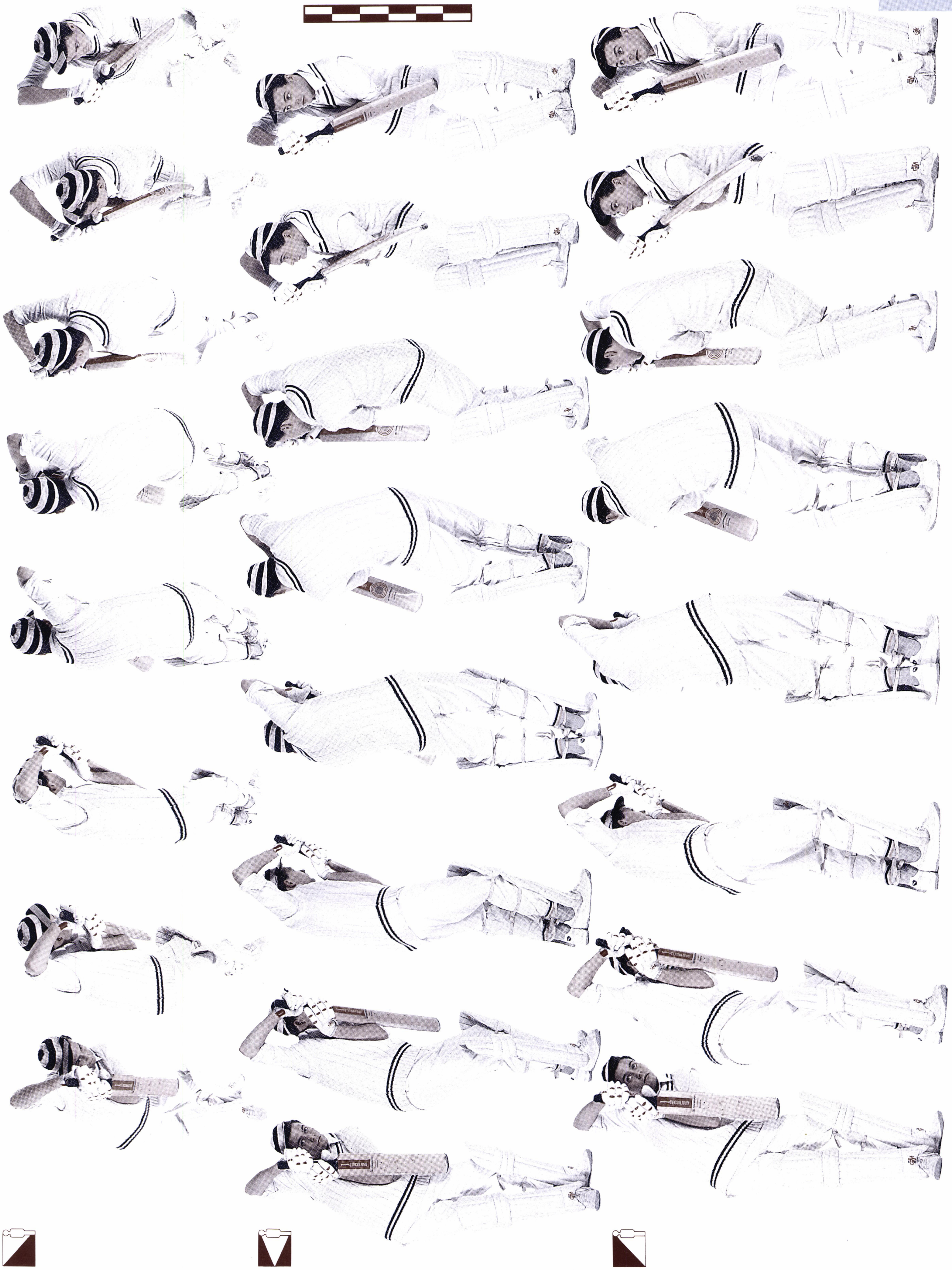
3·09 Badminton – smash

Squash – forehand

Squash – backhand



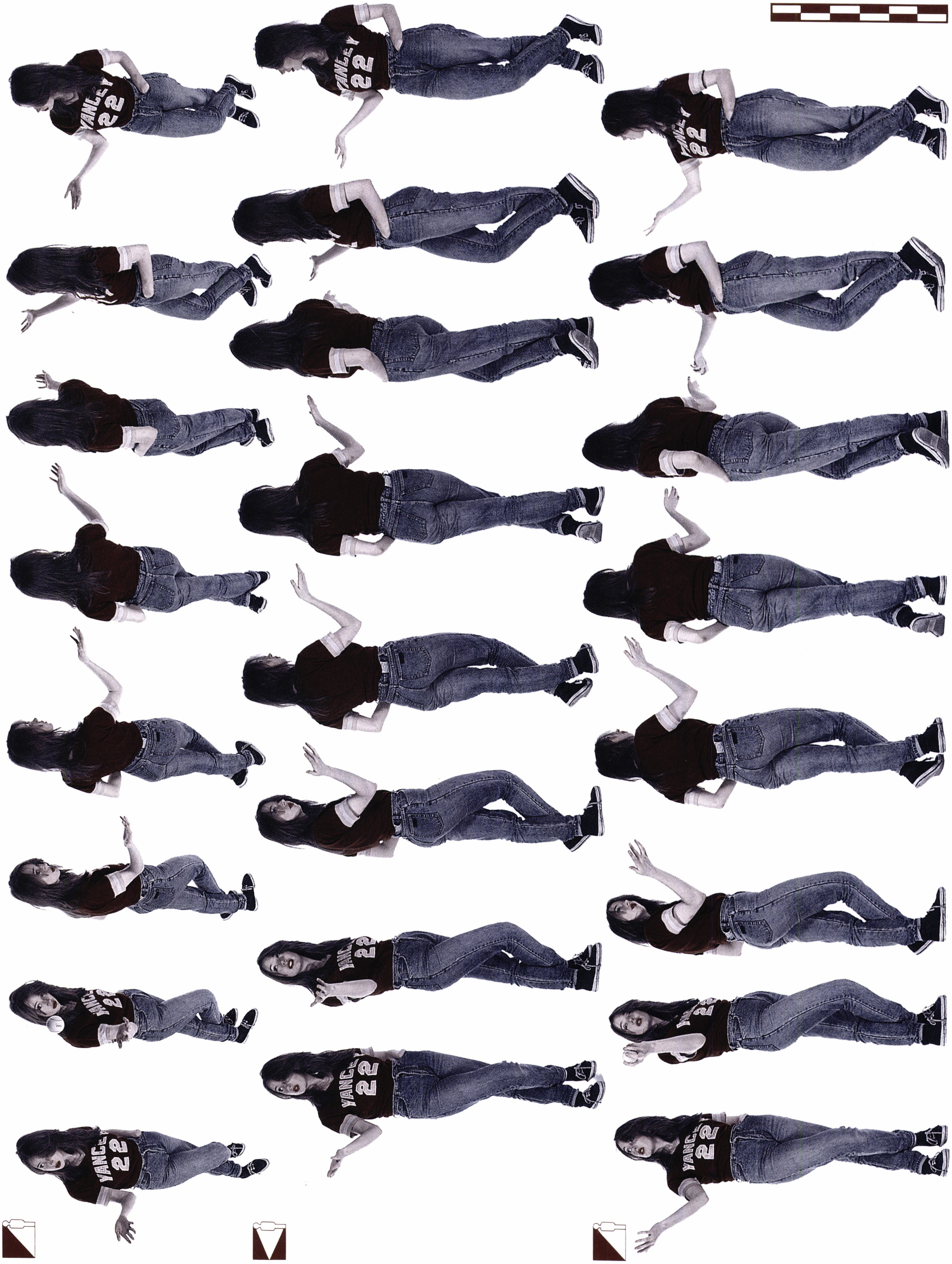
Cricket – defensive block



Cricket – waiting to bat

Throwing a ball

3·15 Tossing a ball up



Snooker – long pot

3·17 Tenpin bowling

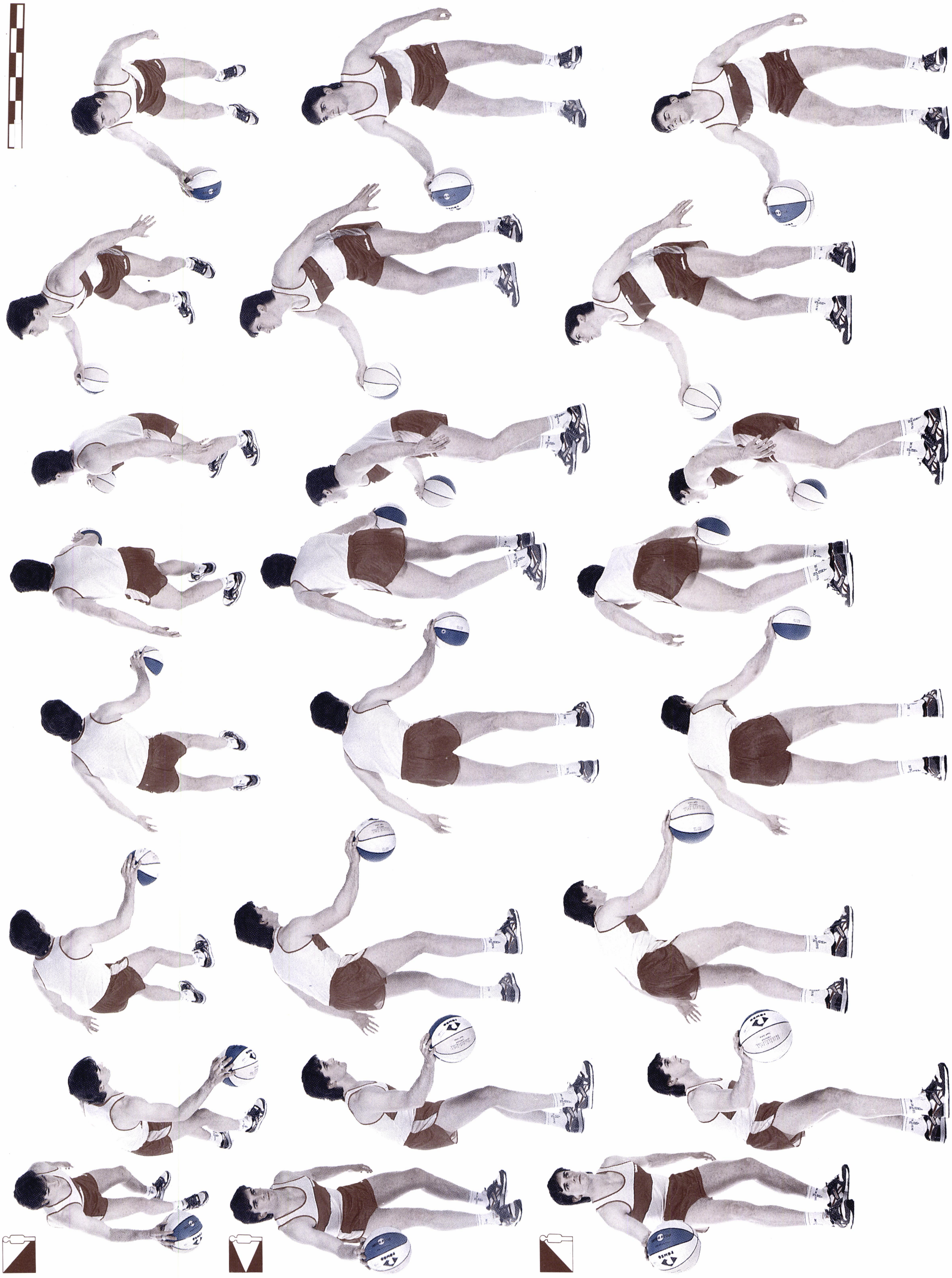
Soccer – throw-in

Running – sprinter on the block

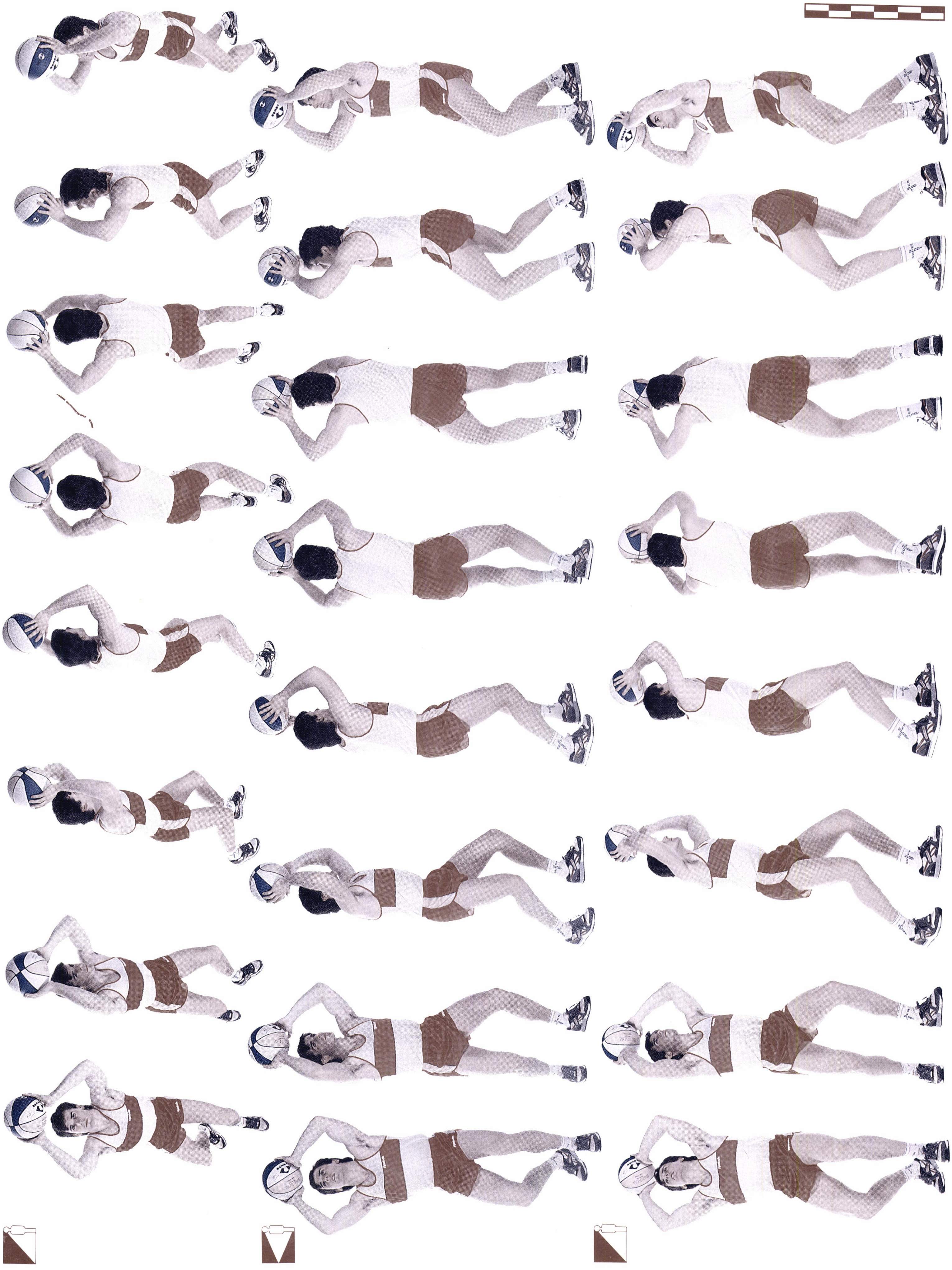
Rugby – passing

Rugby – drop kick

Basketball – dribbling

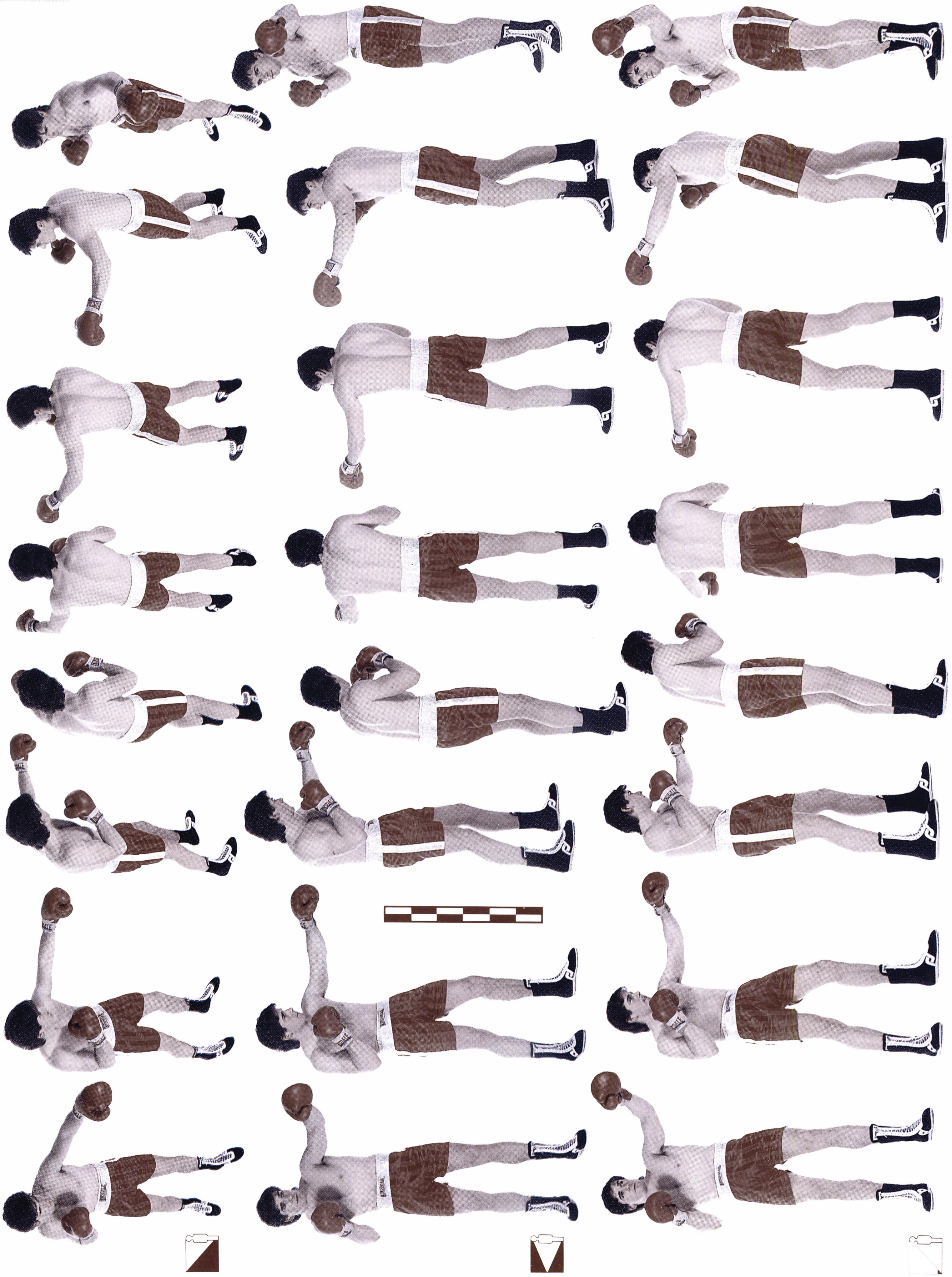


Basketball – shooting

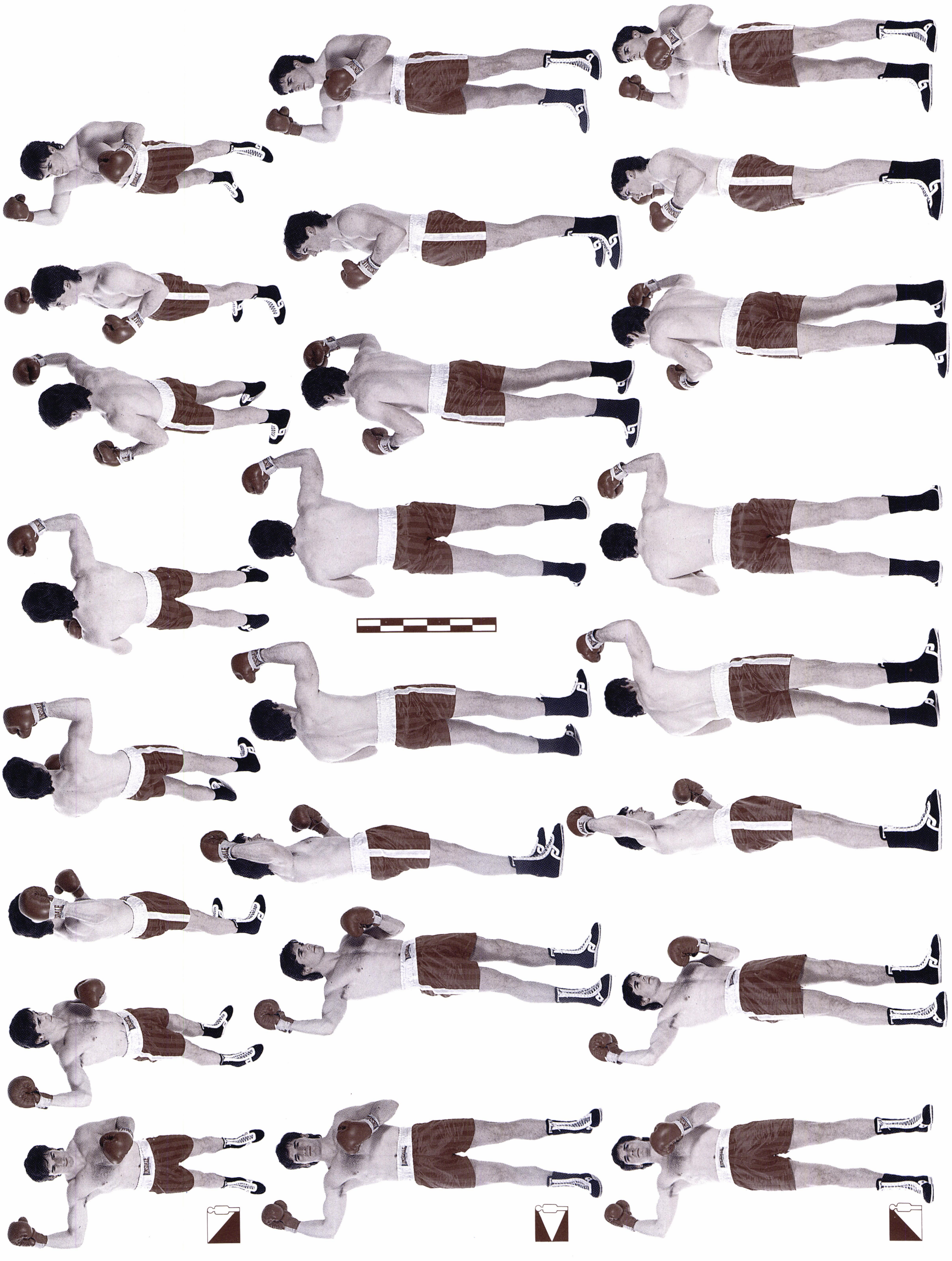


Boxing – classic guard

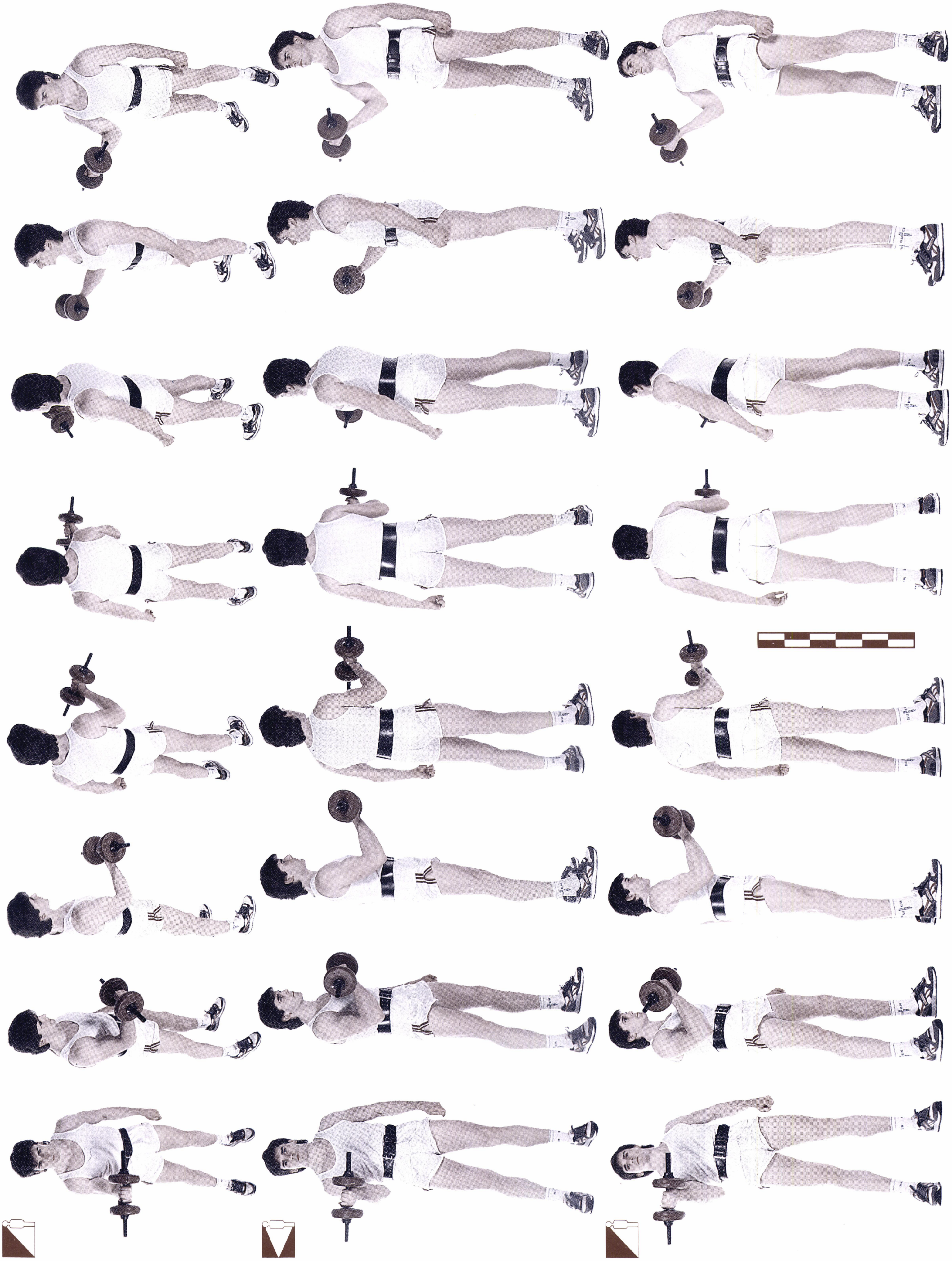
3·25 Boxing – jabbing



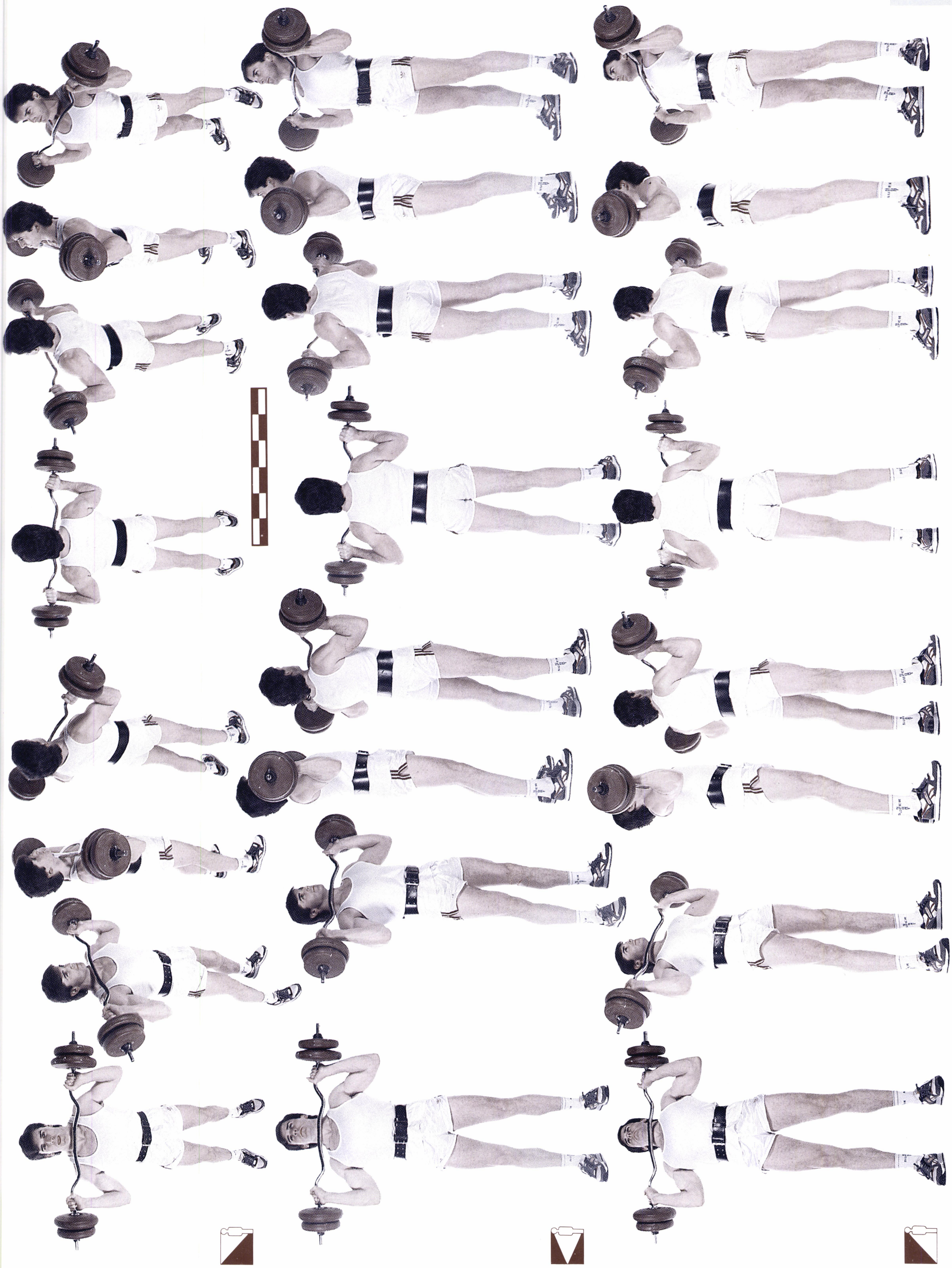
Boxing – the winner



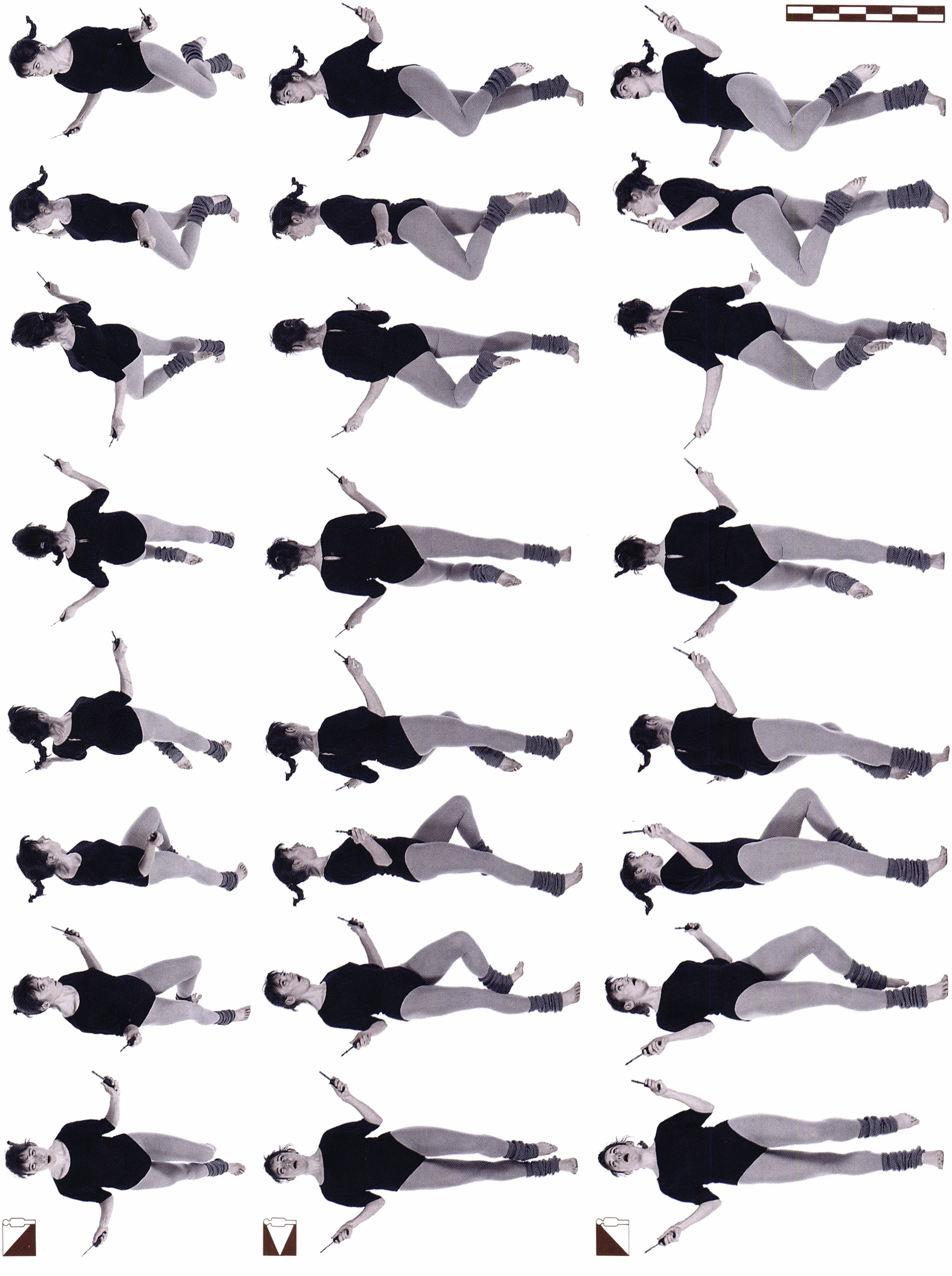
Weightlifting – one arm dumb-bell



Weightlifting – bar under chin

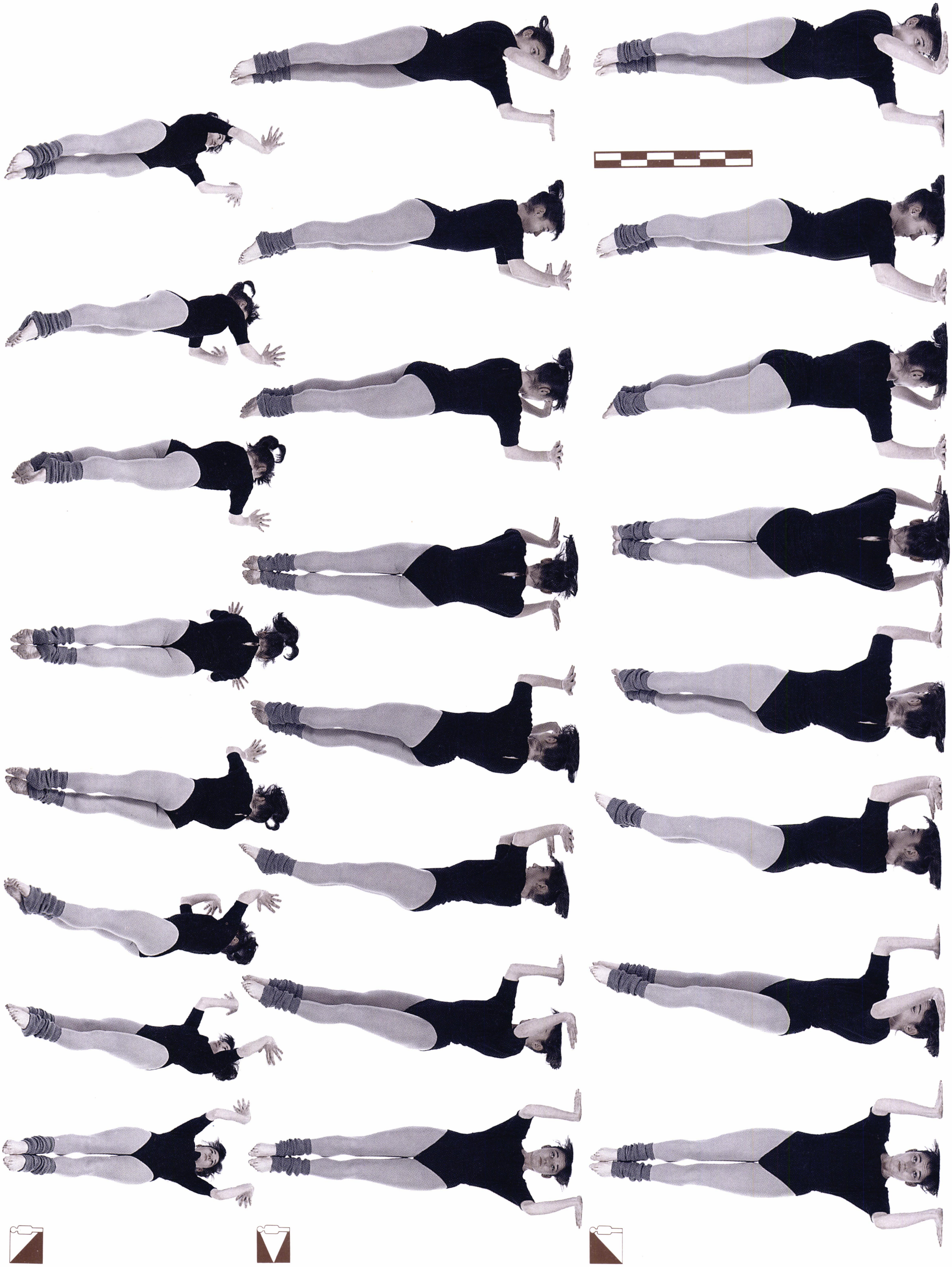


3·29 Skipping with rope



Gymnastics

3·31 Gymnastics – headstand



Gymnastics – crab

Keep fit

Keep fit

Yoga

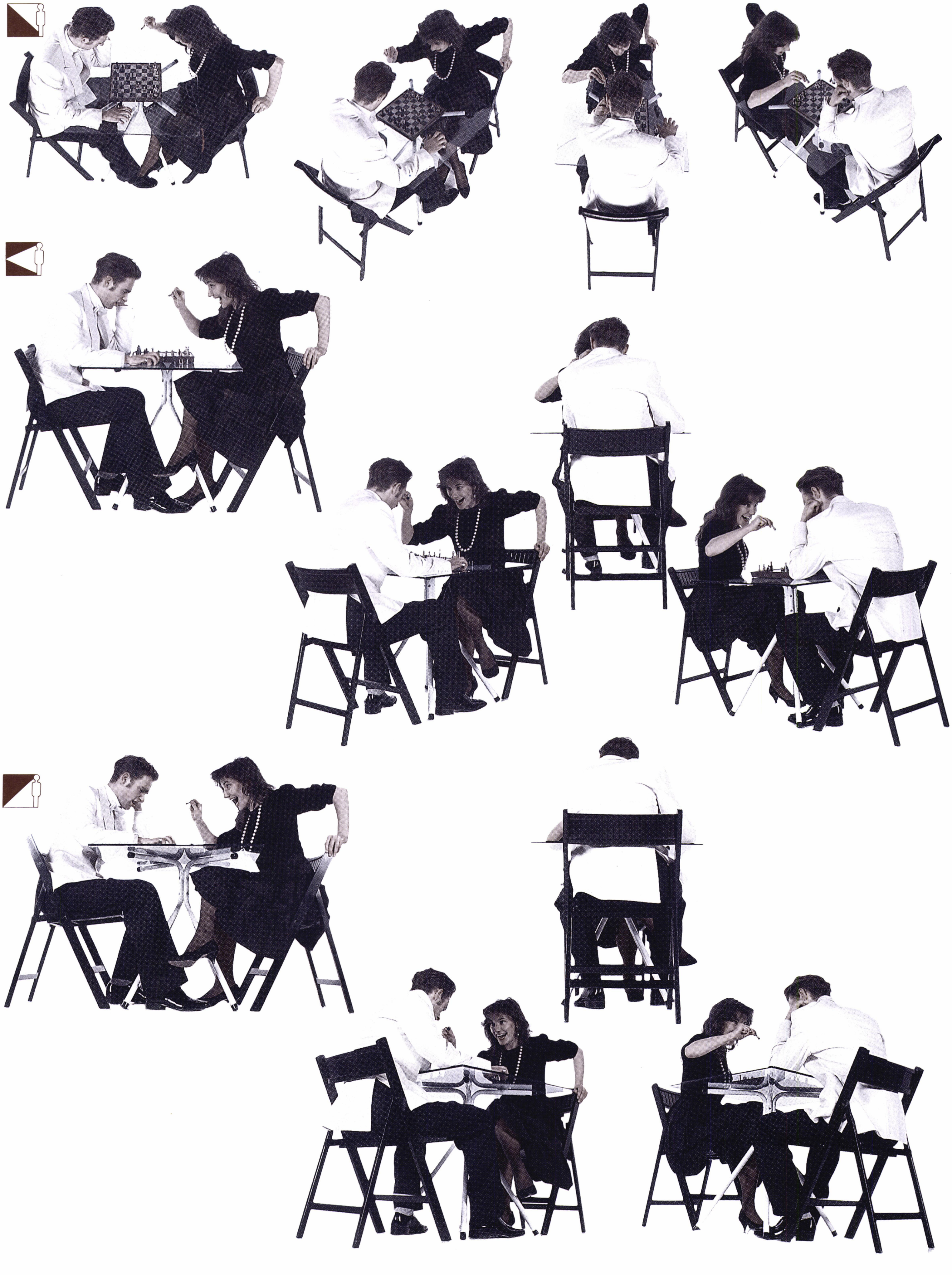
3·39 Yoga

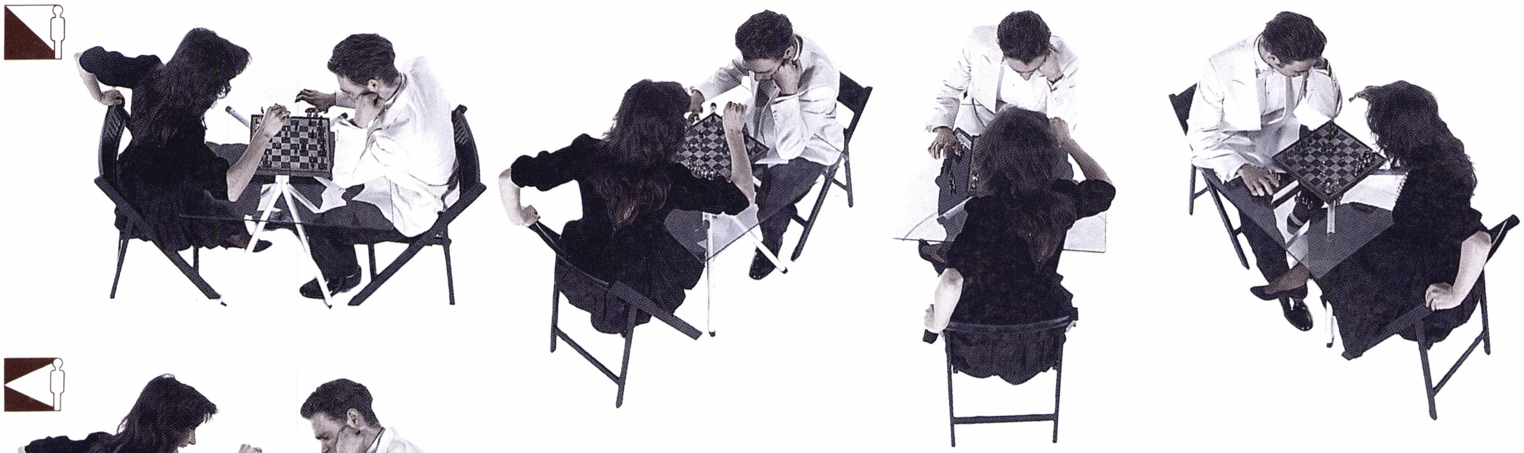
Skateboarding

Walking the dog

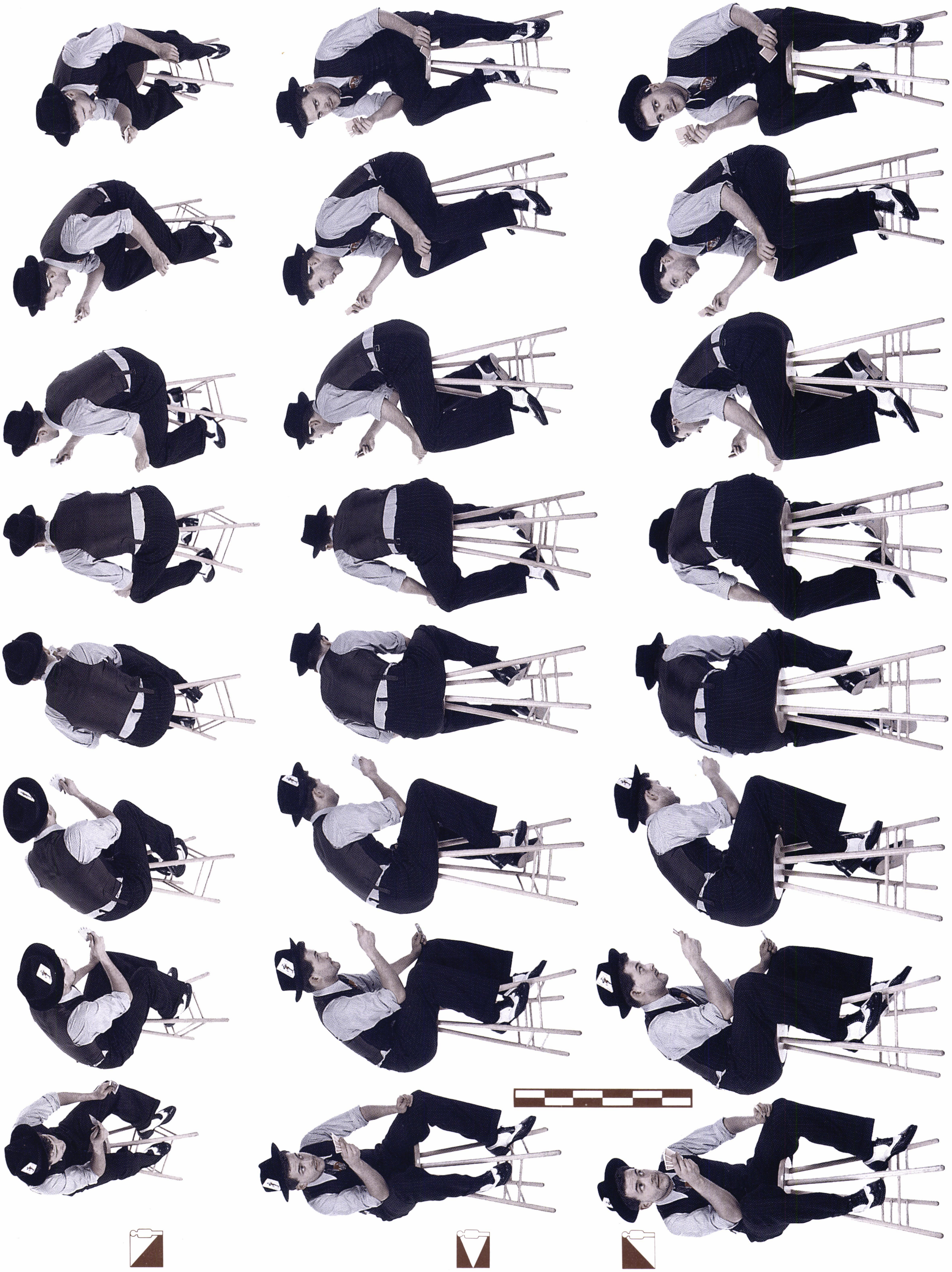
Walking with walking stick

Couple playing chess

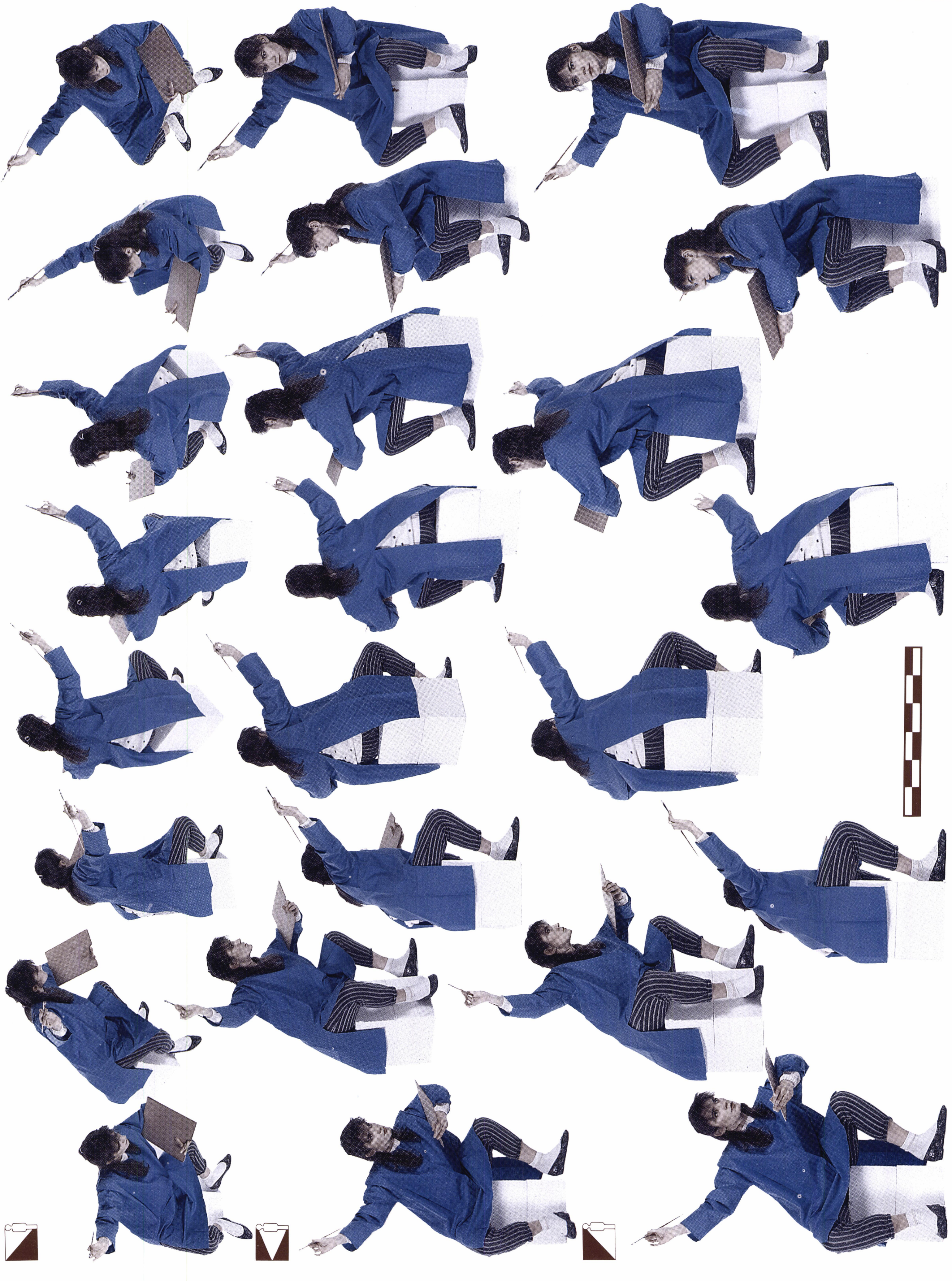




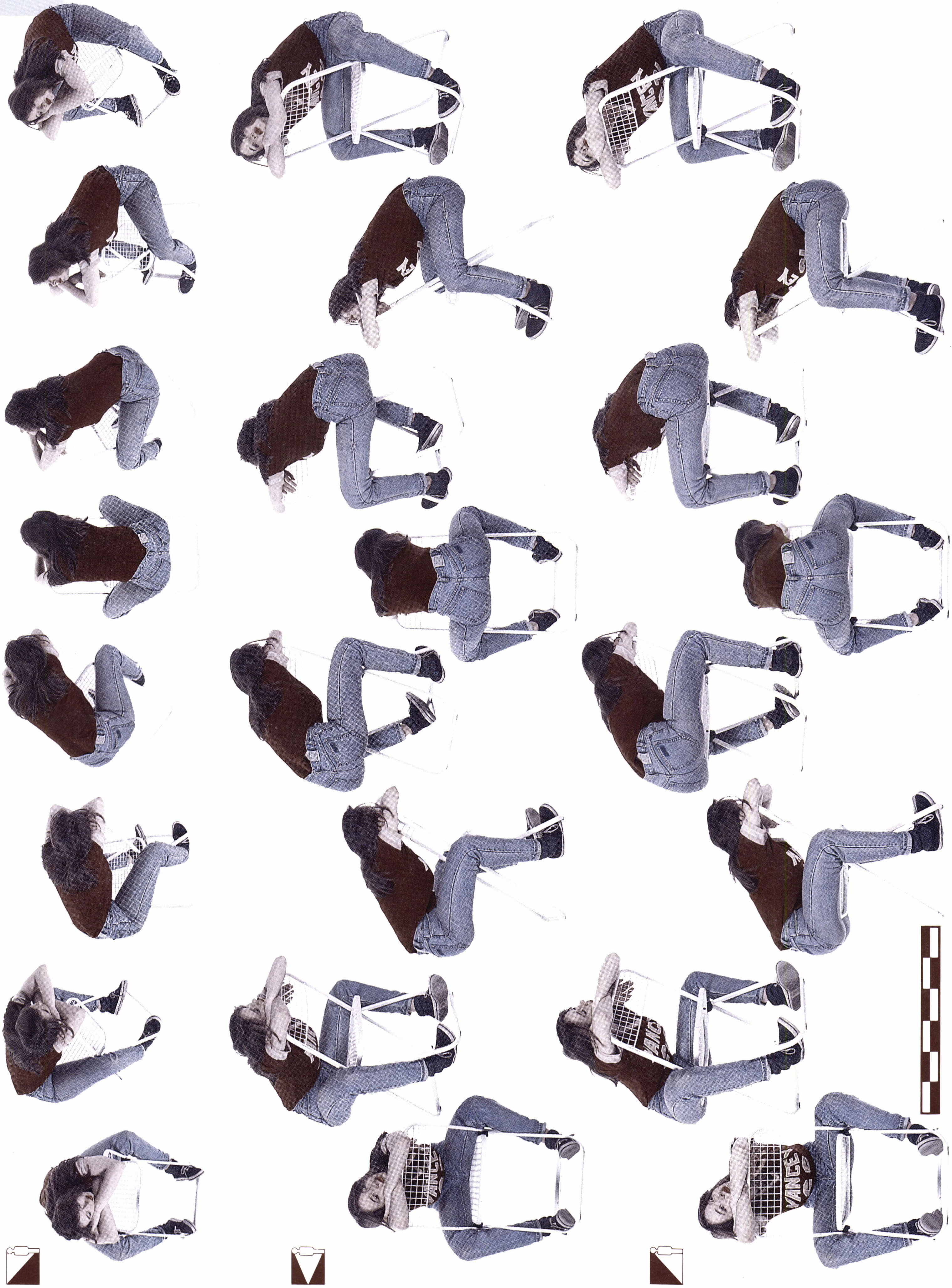
Playing cards



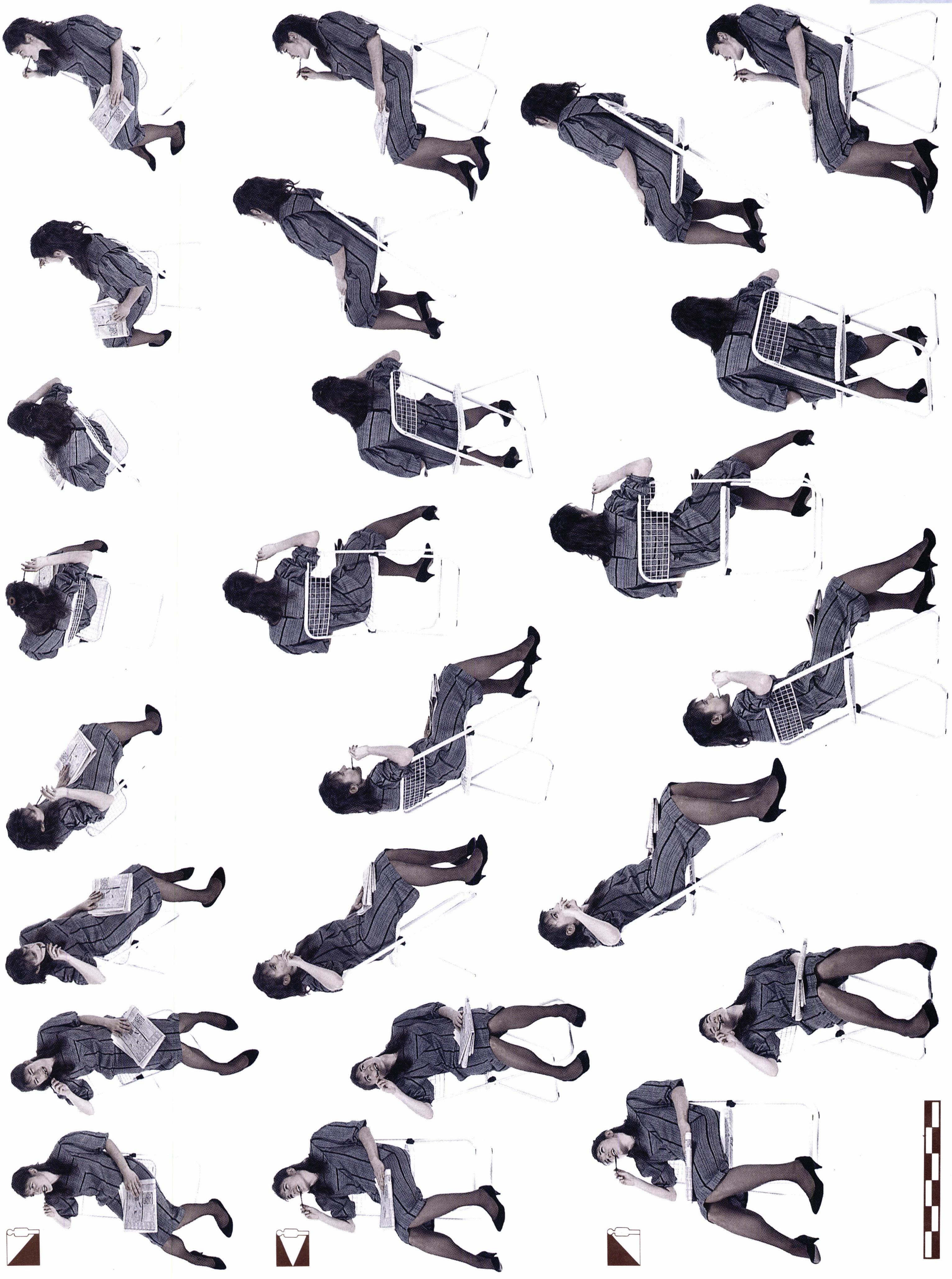
Artist painting



4·01 Backwards on a chair



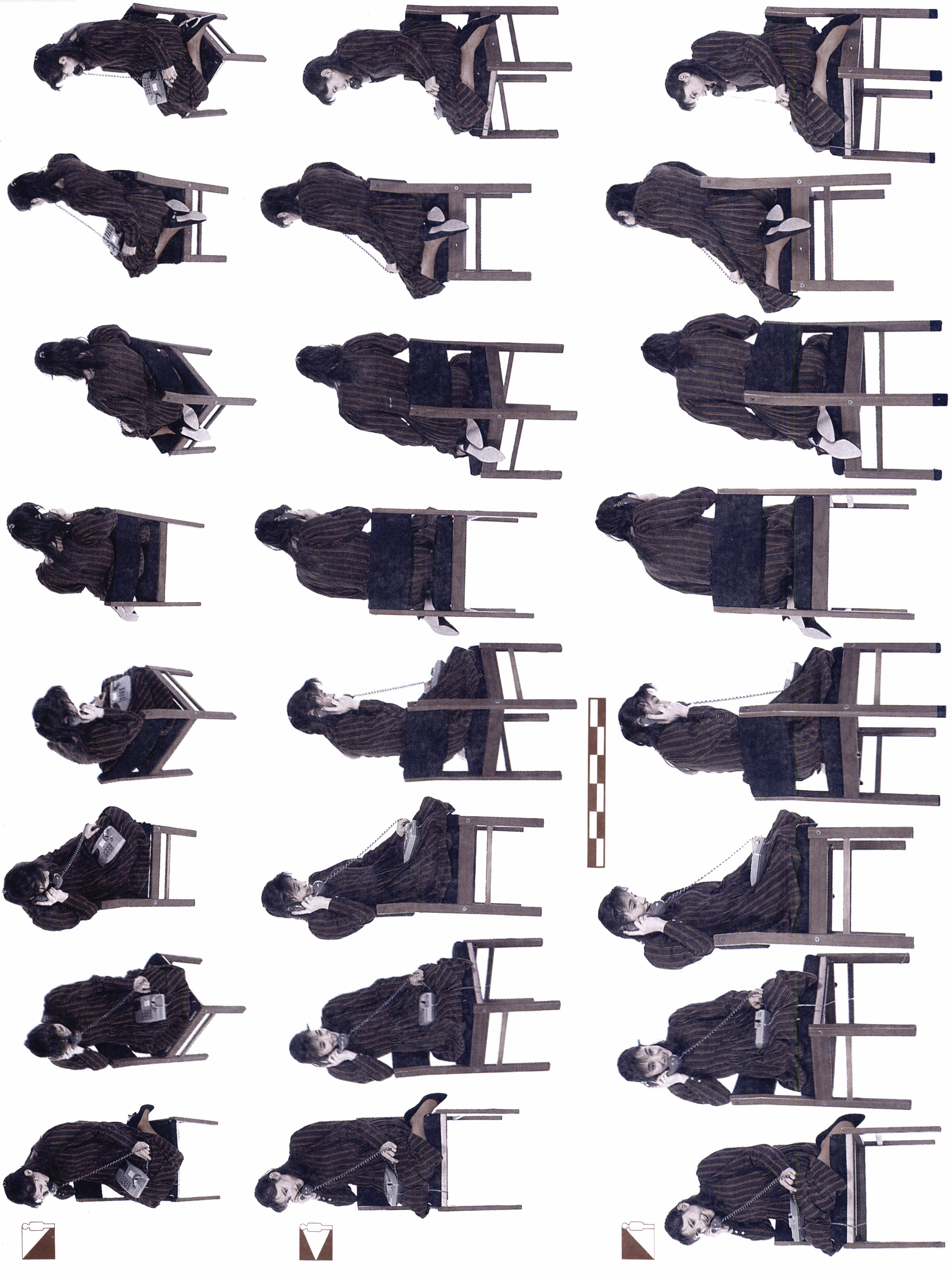
In a chair doing the crossword



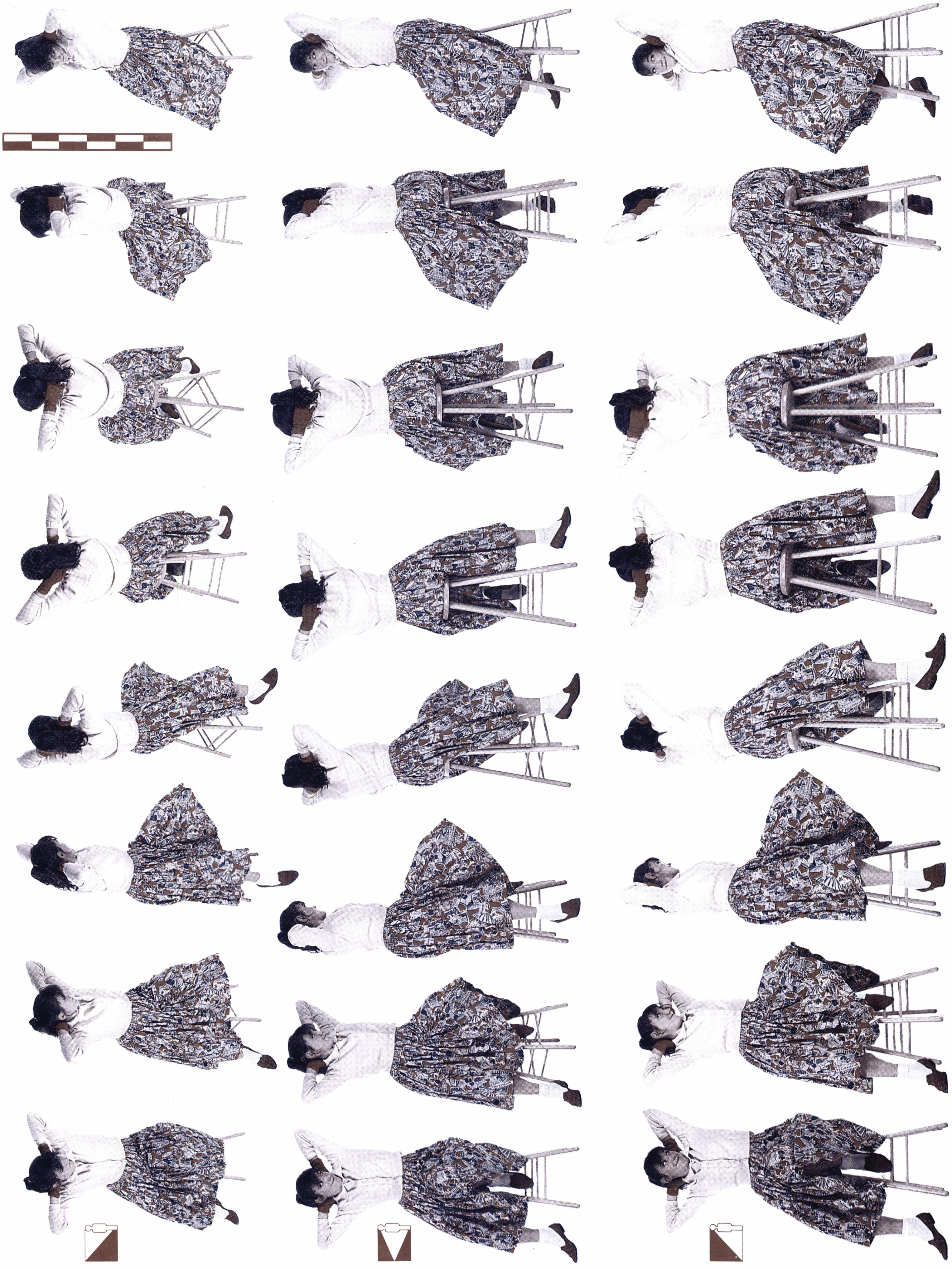
4·03 In a chair looking through filofax

Sideways in a chair

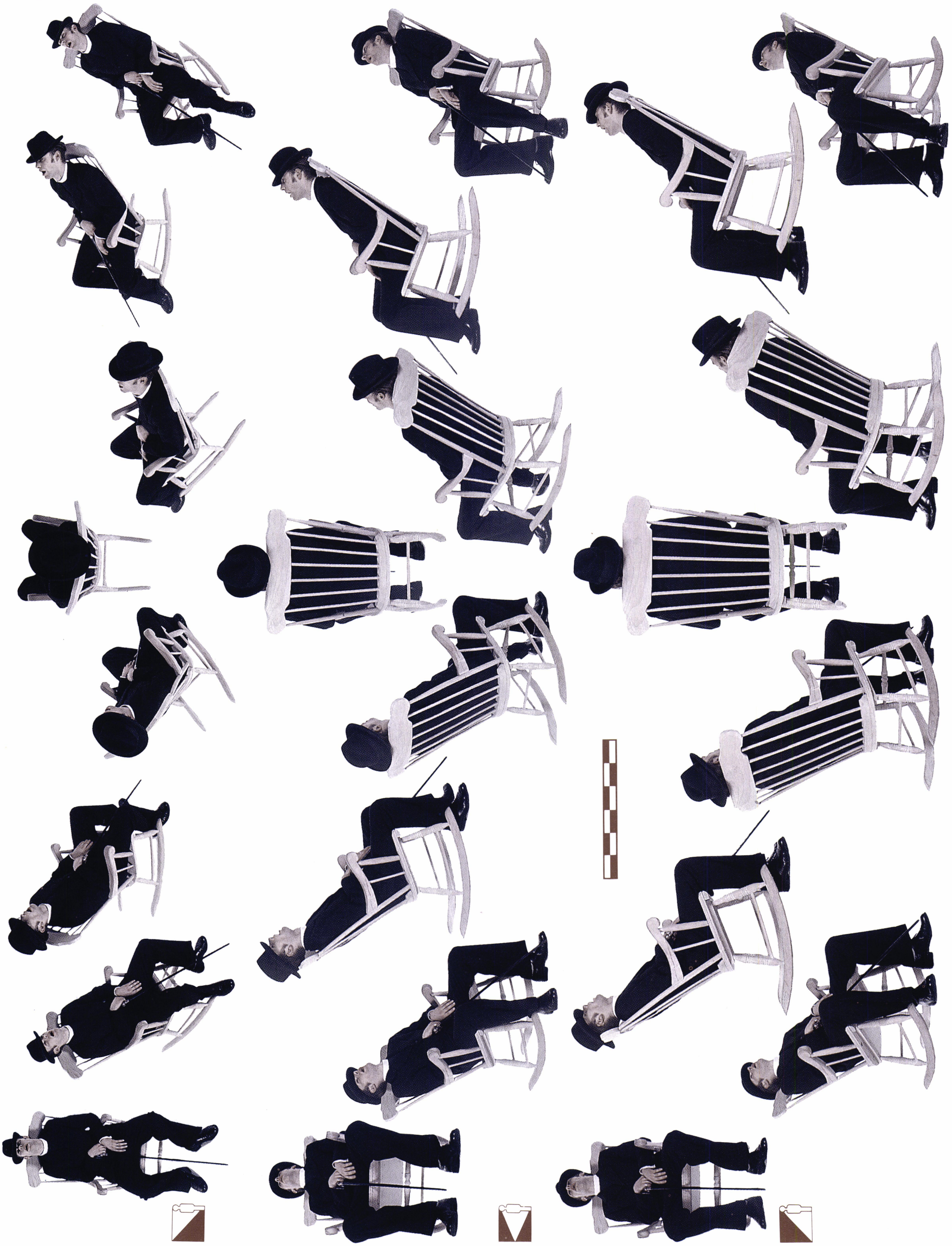
Kneeling on a chair talking on the phone



On a bar stool



Vicar asleep in rocking chair



On the floor thinking

4·09 On a table talking on the phone

4·10

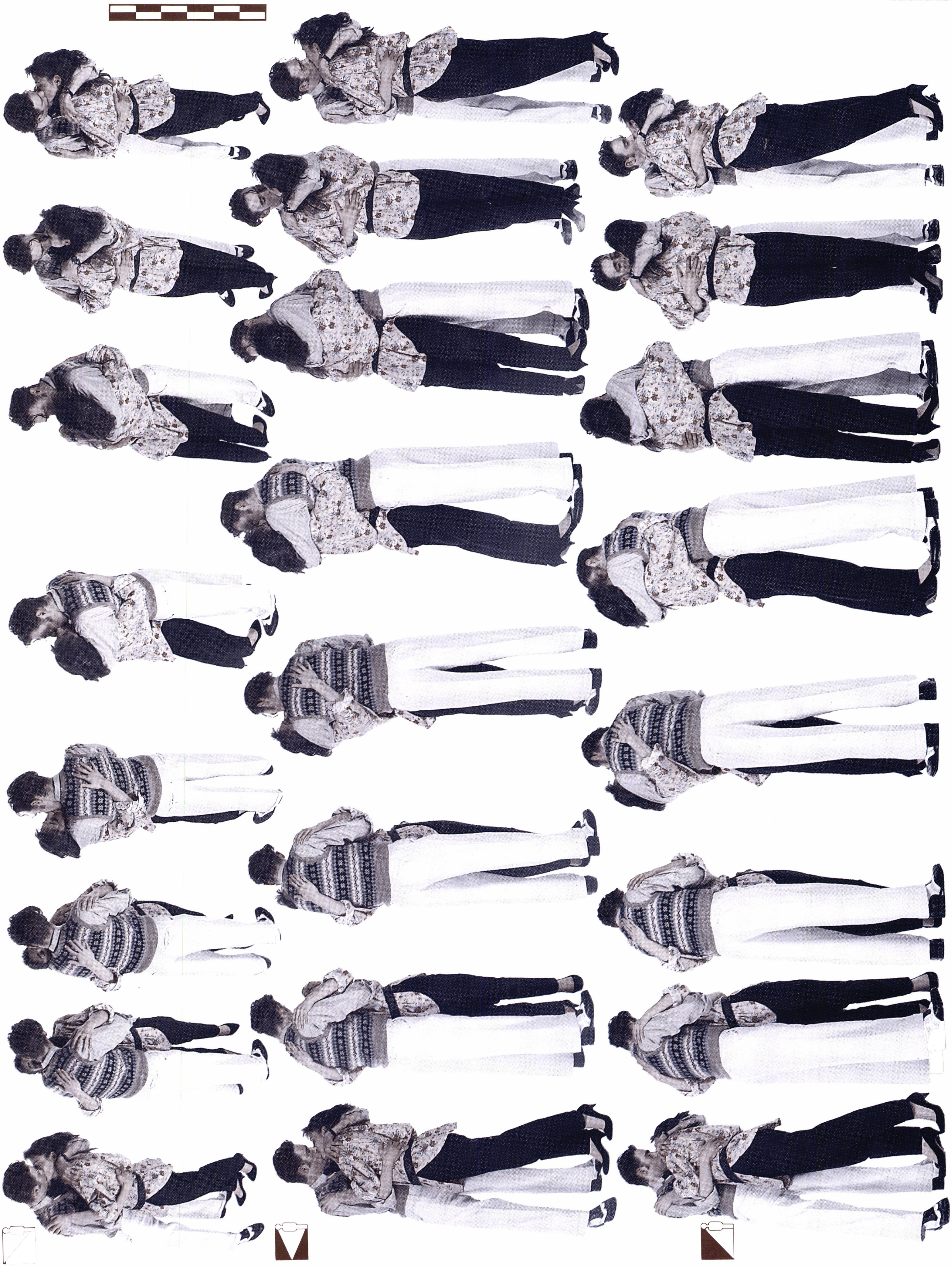
Relaxing in an armchair

Reclining on a sofa

Couple sitting side by side

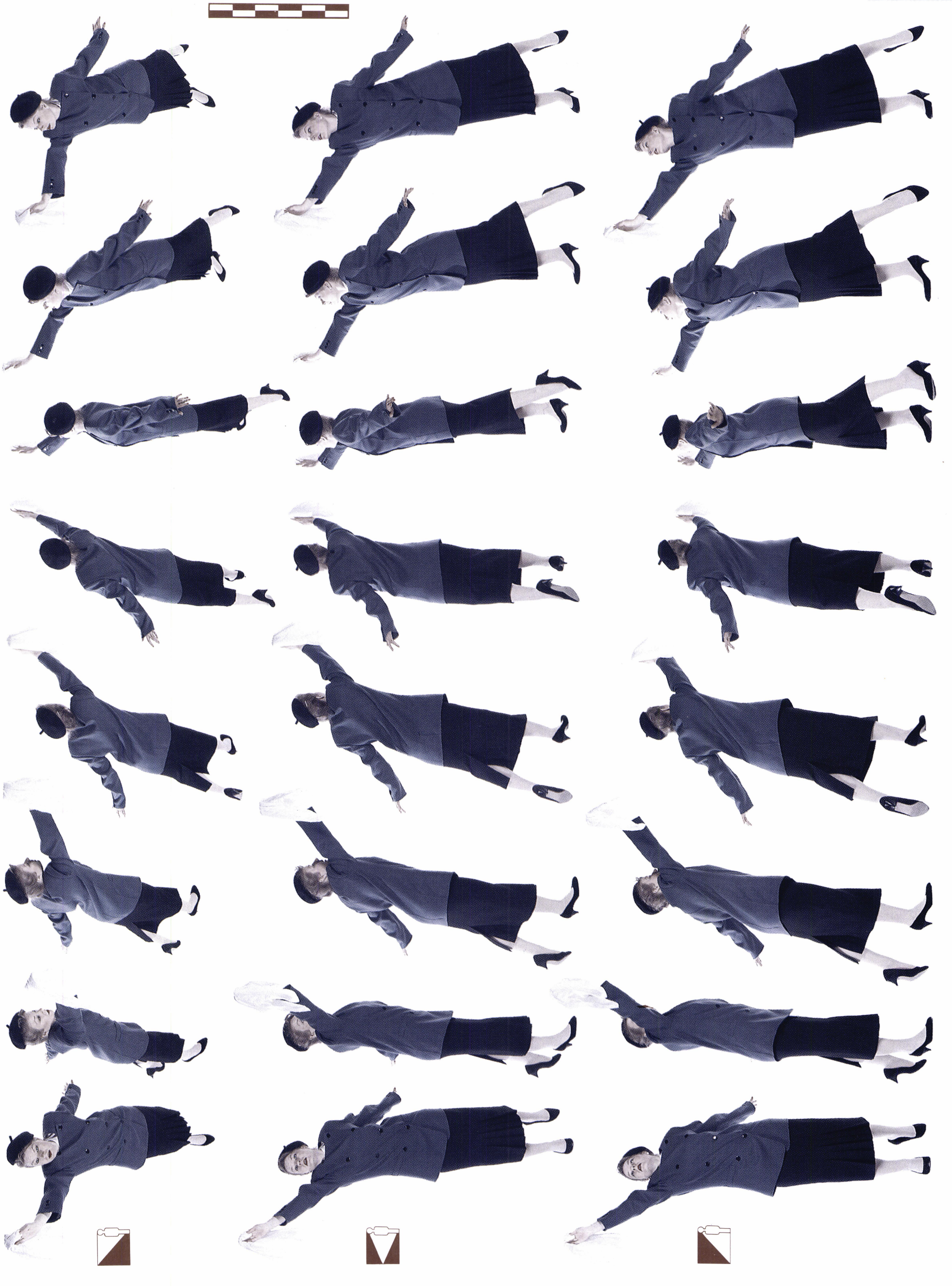
On the floor

Couple kissing

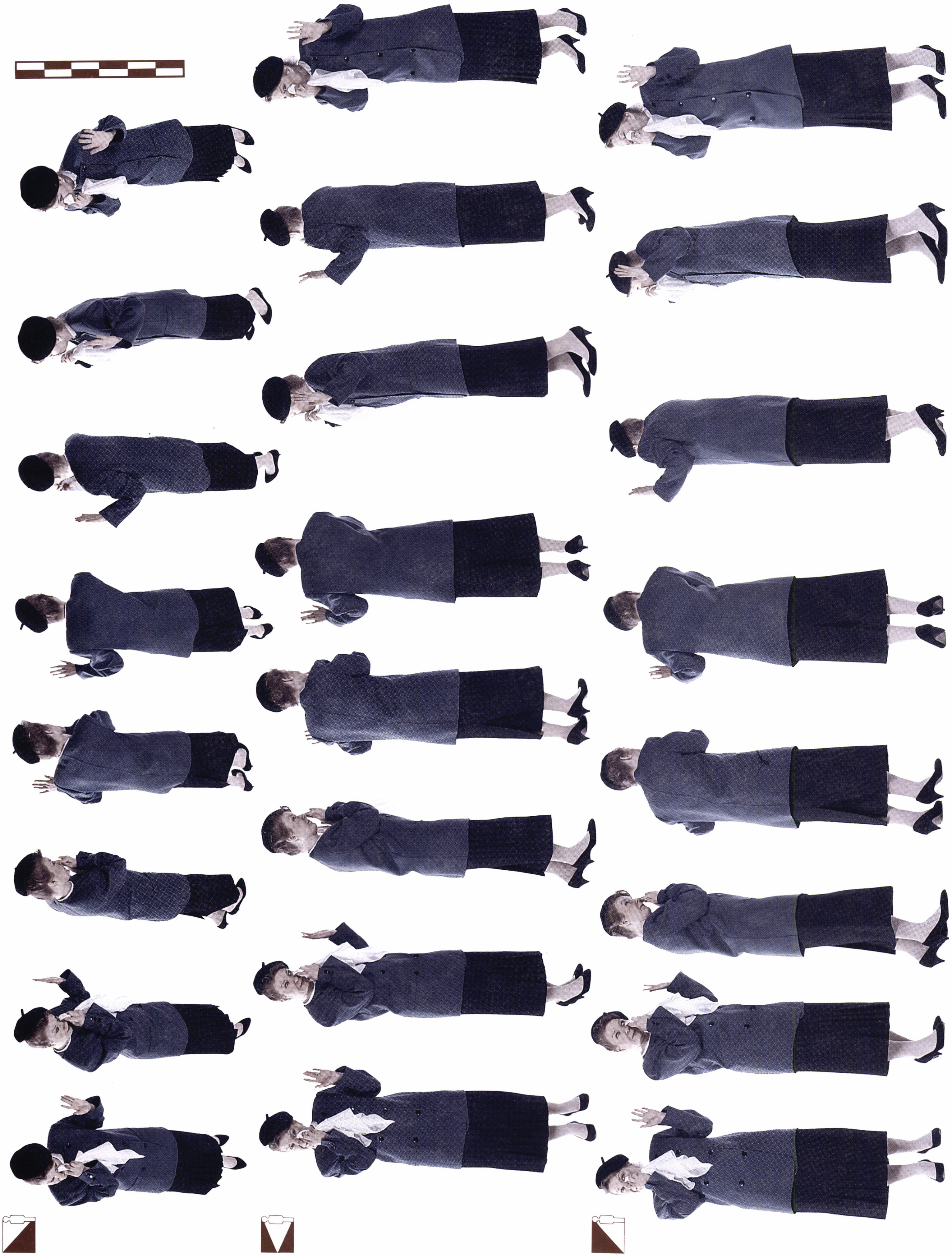


5·02 Kissing goodbye

Waving goodbye



5·04 Crying into handkerchief

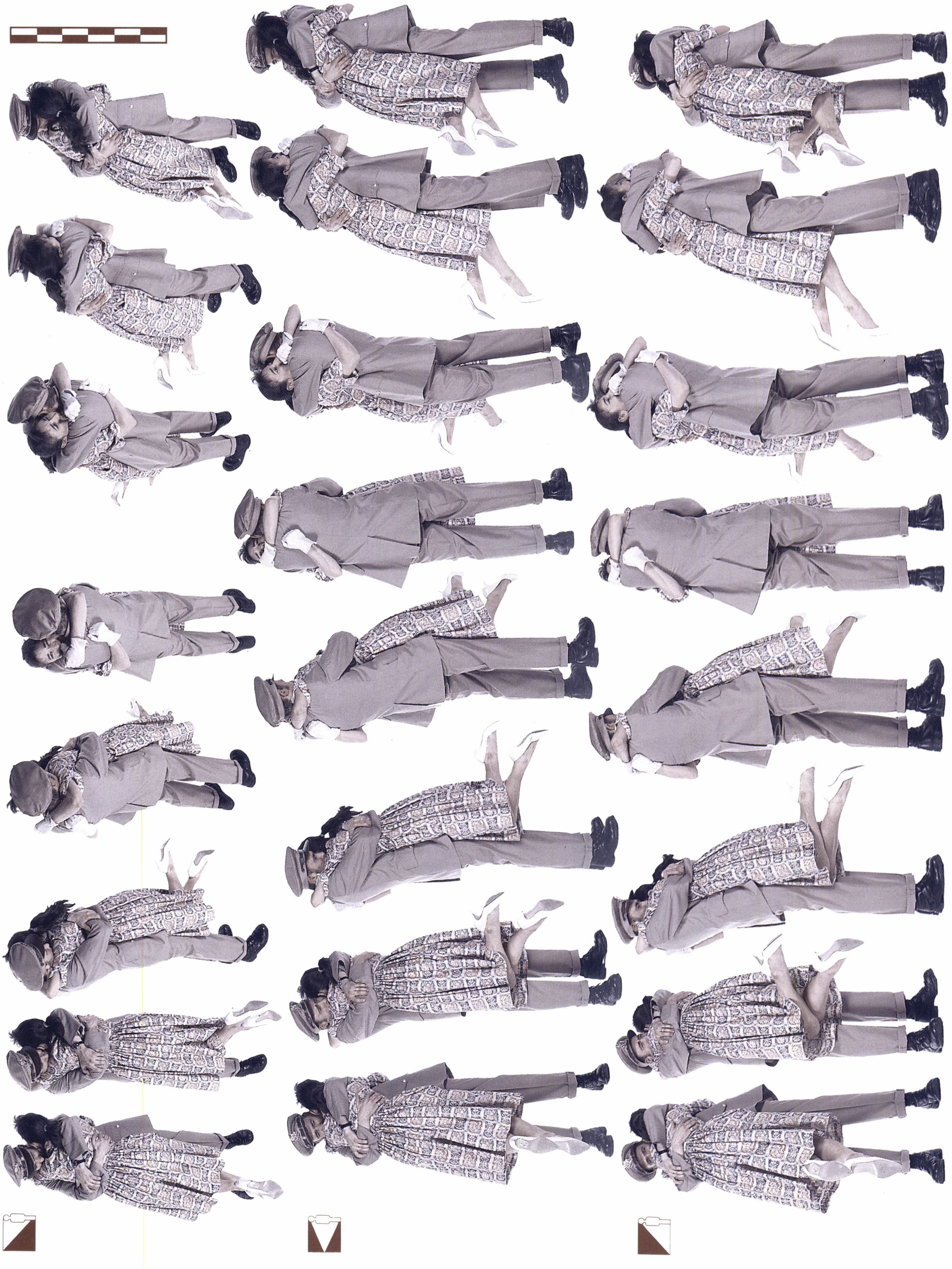


Macho man

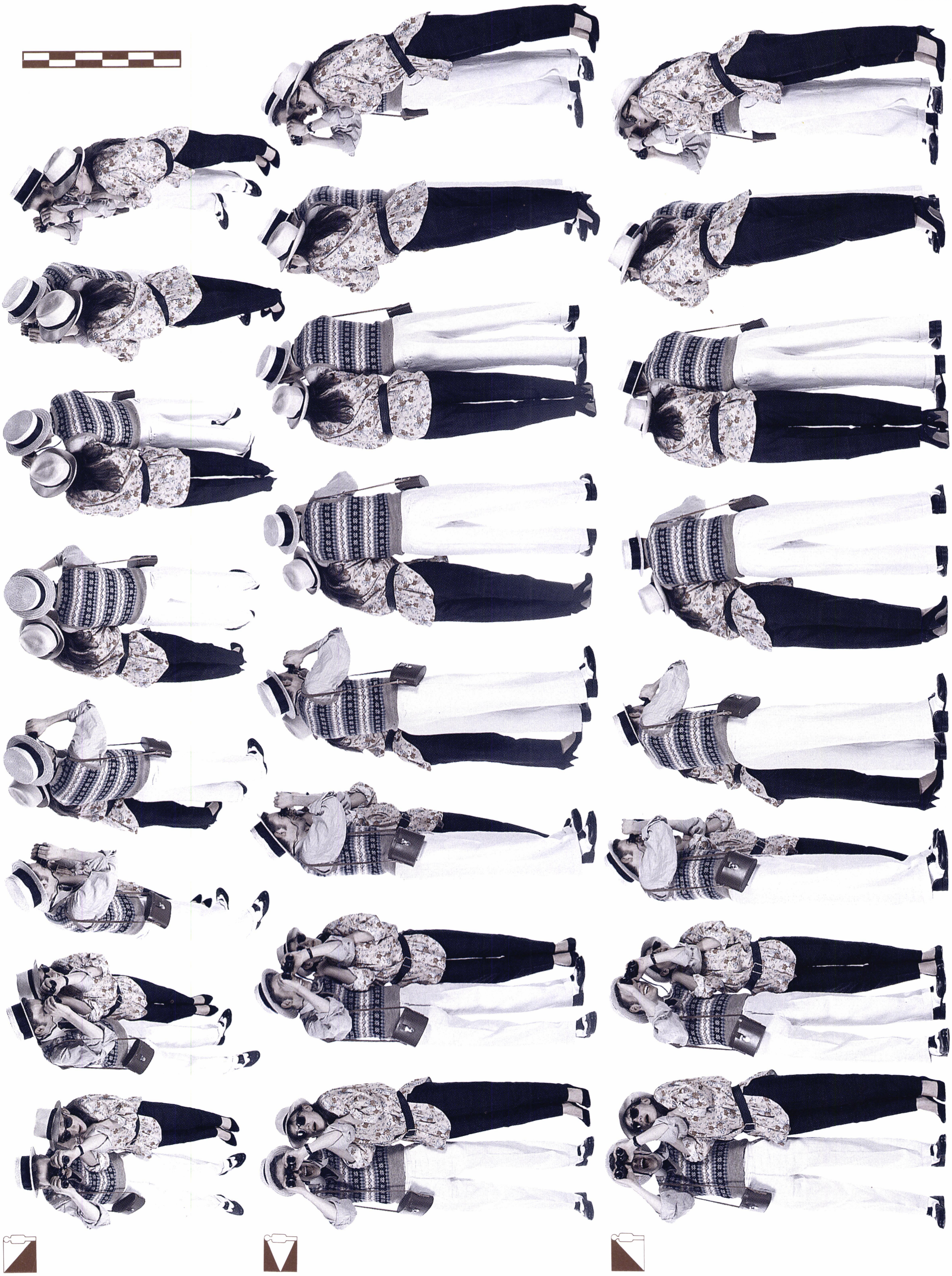
5·06 Gent kissing lady's hand

5·07 Couple talking at dinner table

5·08 GI greeting his girl



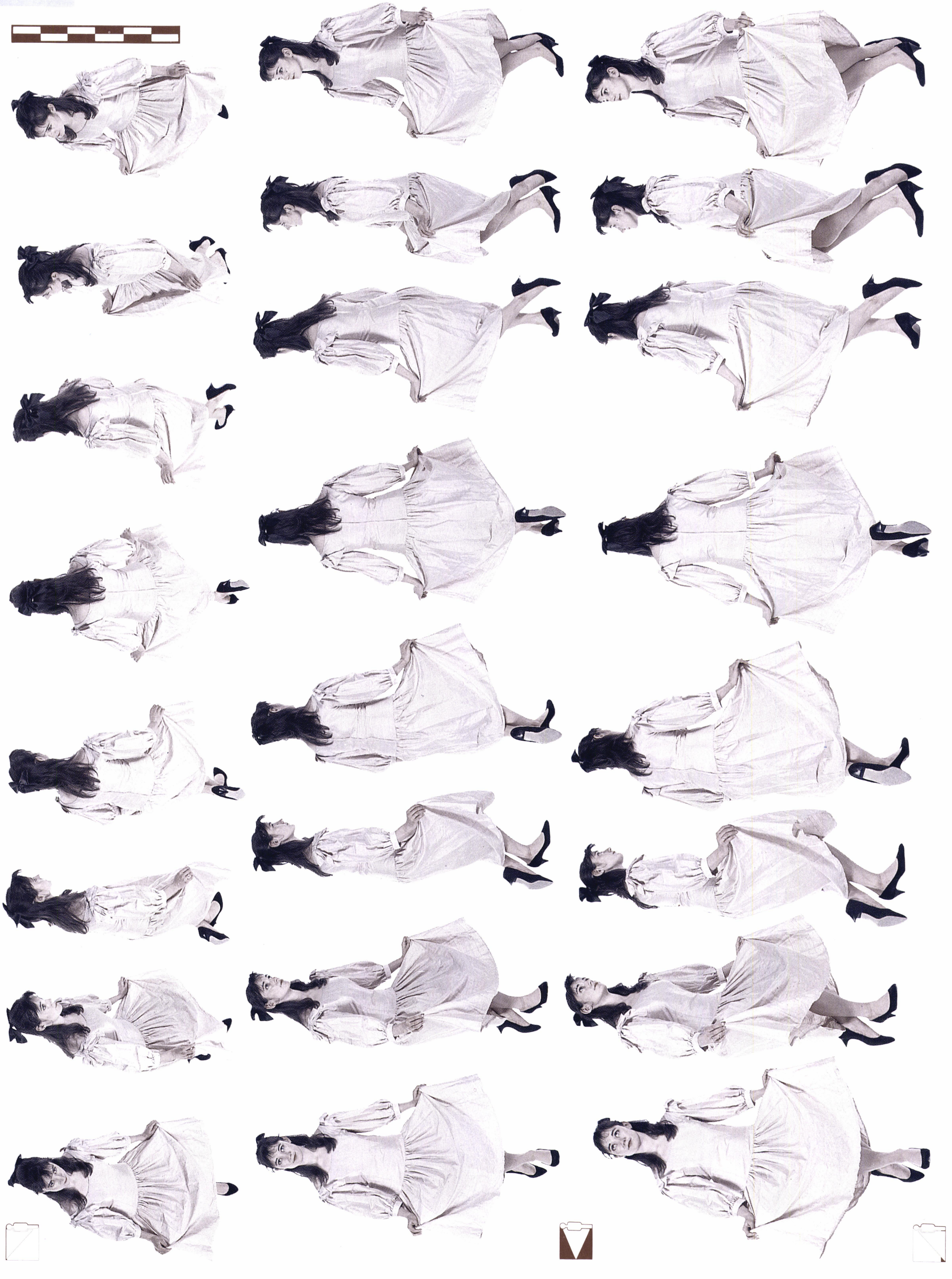
Couple at the races



5·10 Bully threatening a small guy

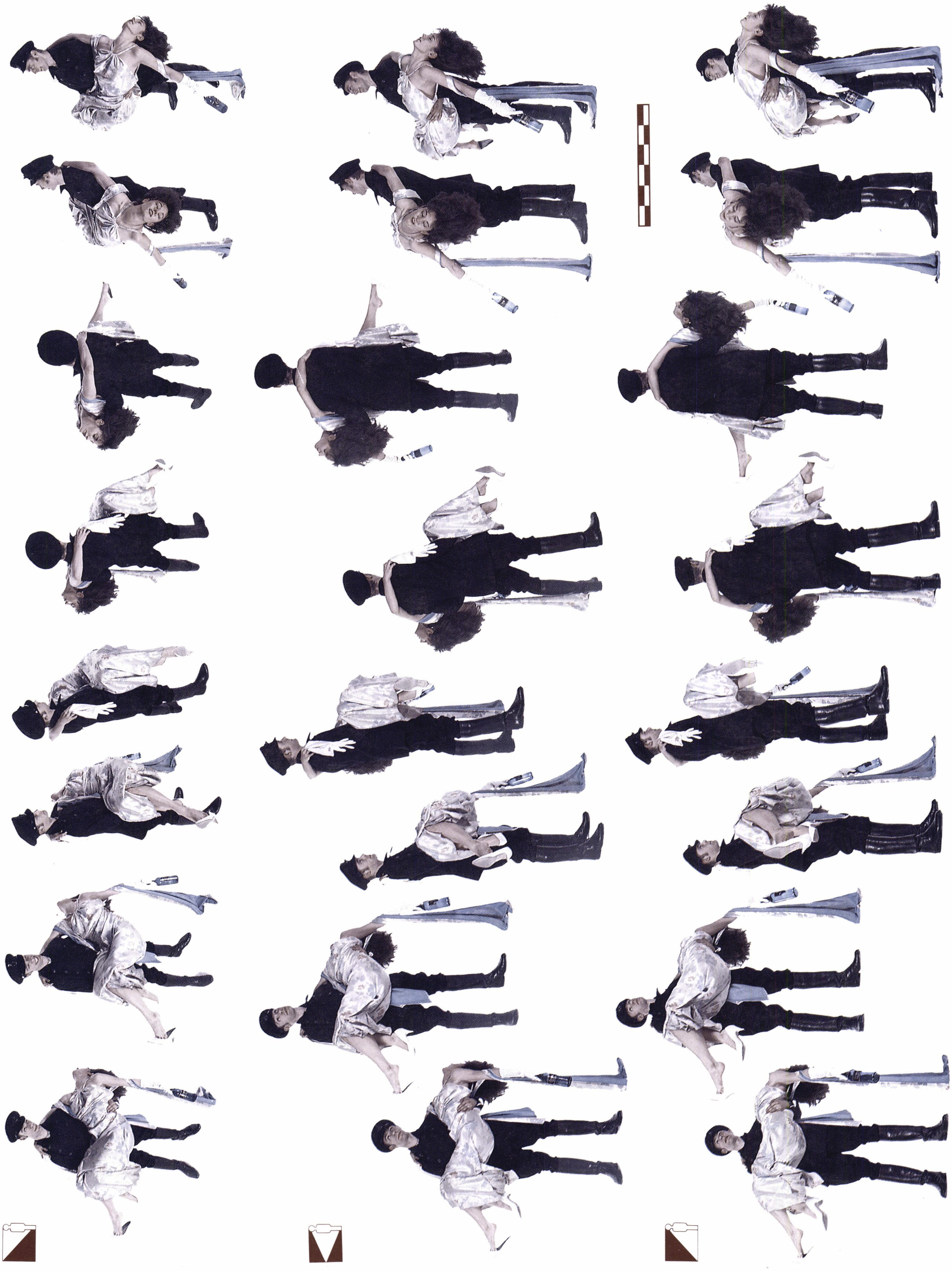
Cowering on the ground

5·12 Curtseying

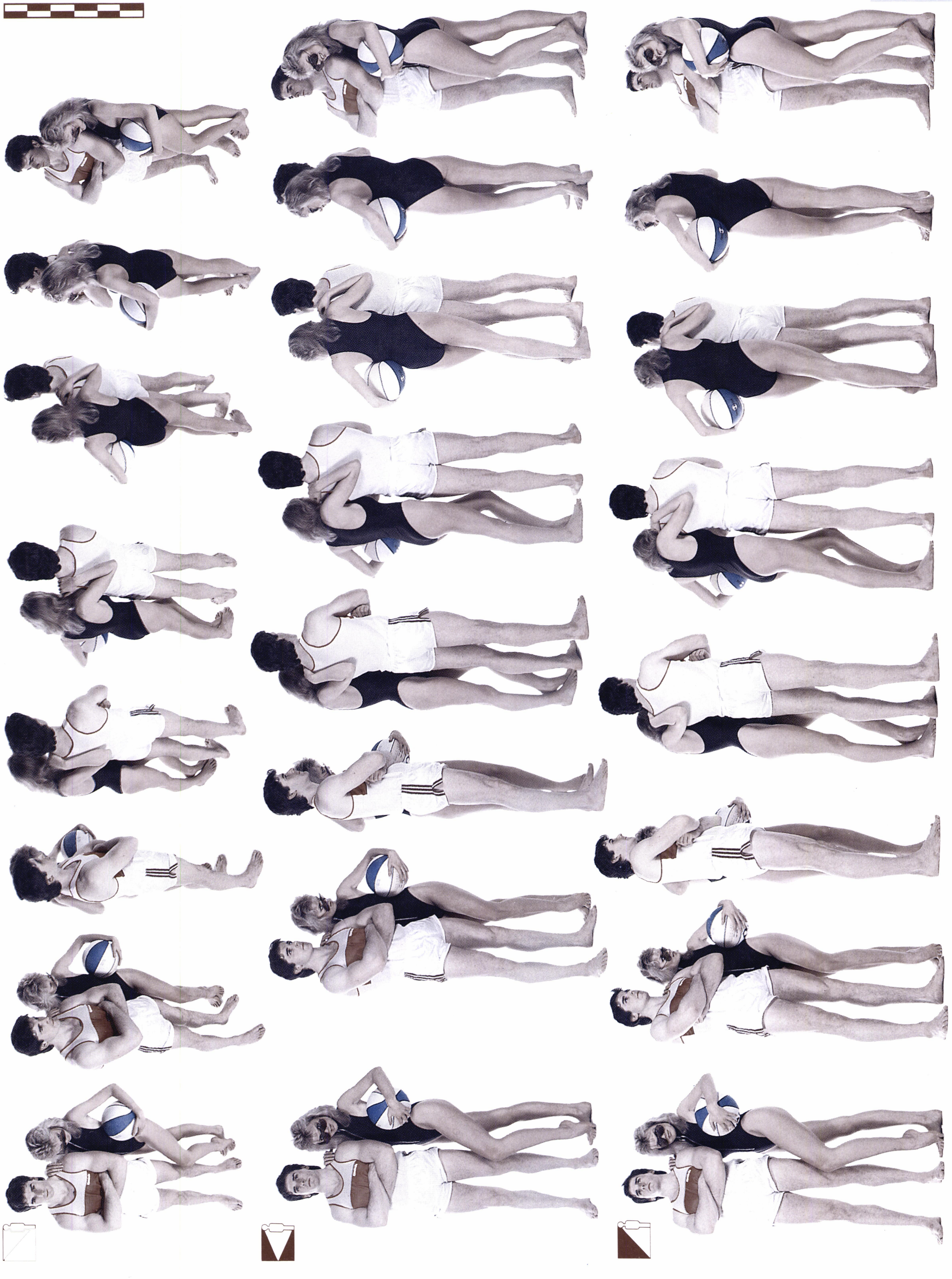


Greeting a friend

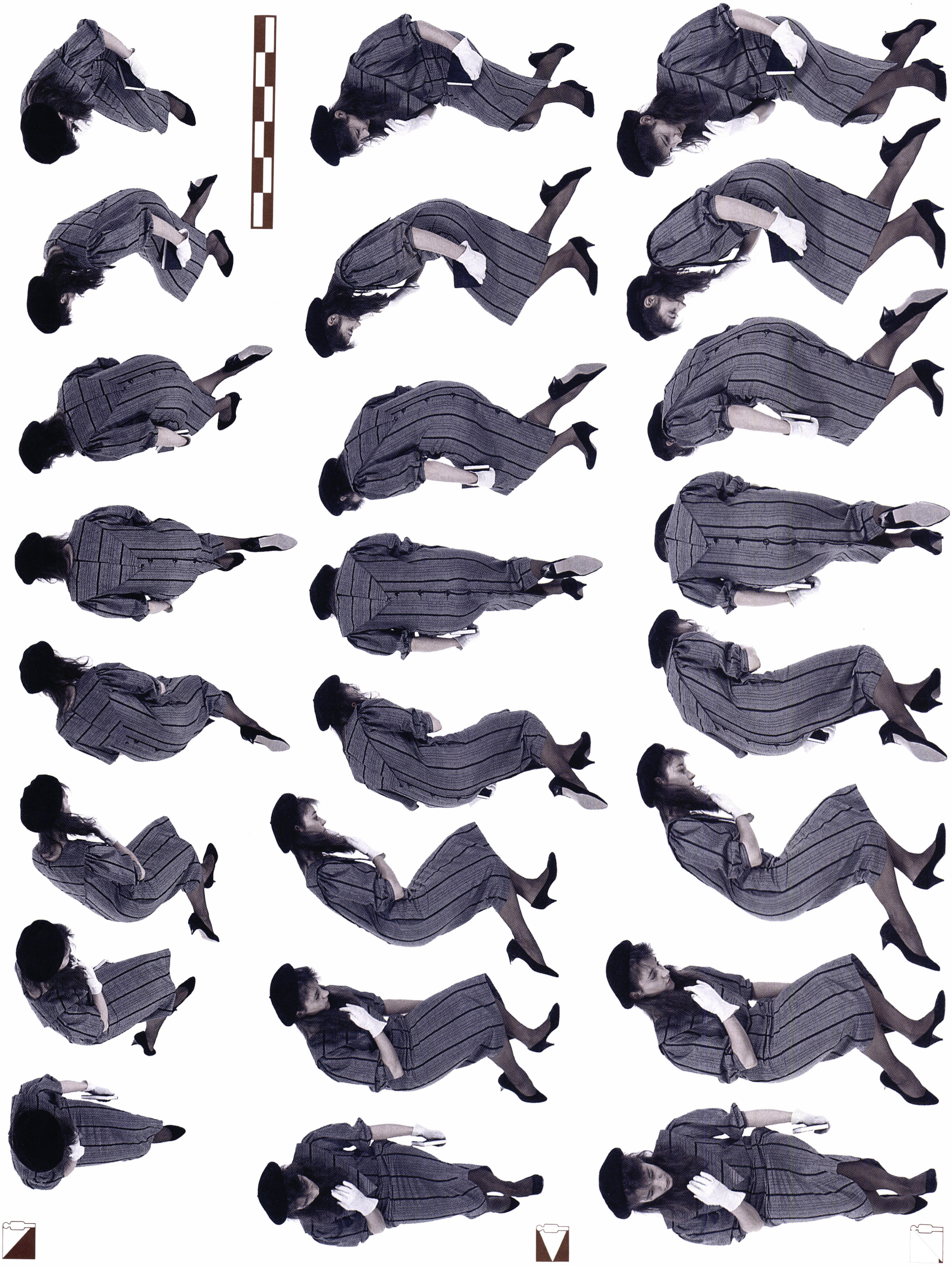
5·14 Taking the lady home



Couple at the beach



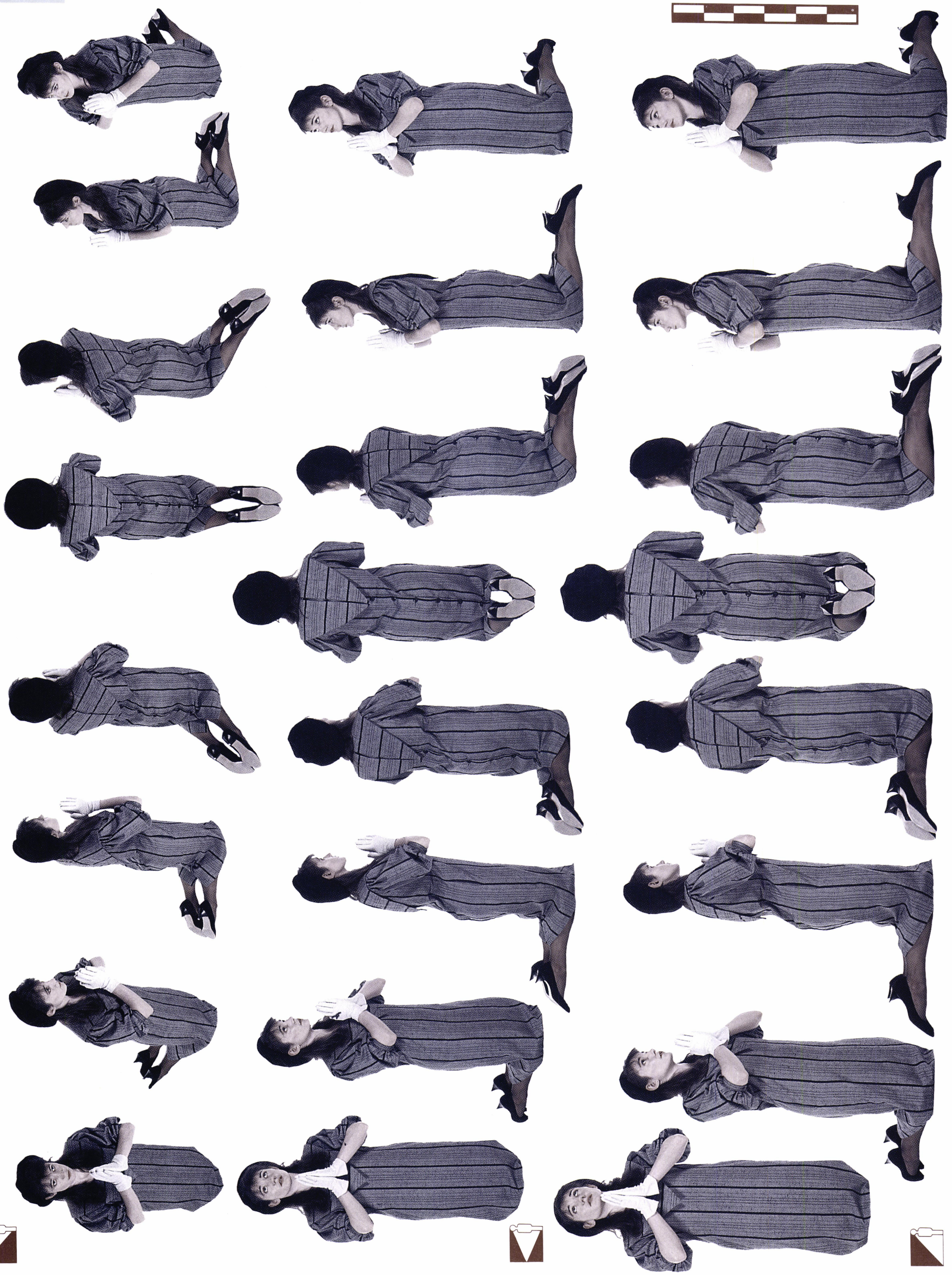
6·01 Genuflecting



Vicar preaching

6·03 Vicar blessing girl

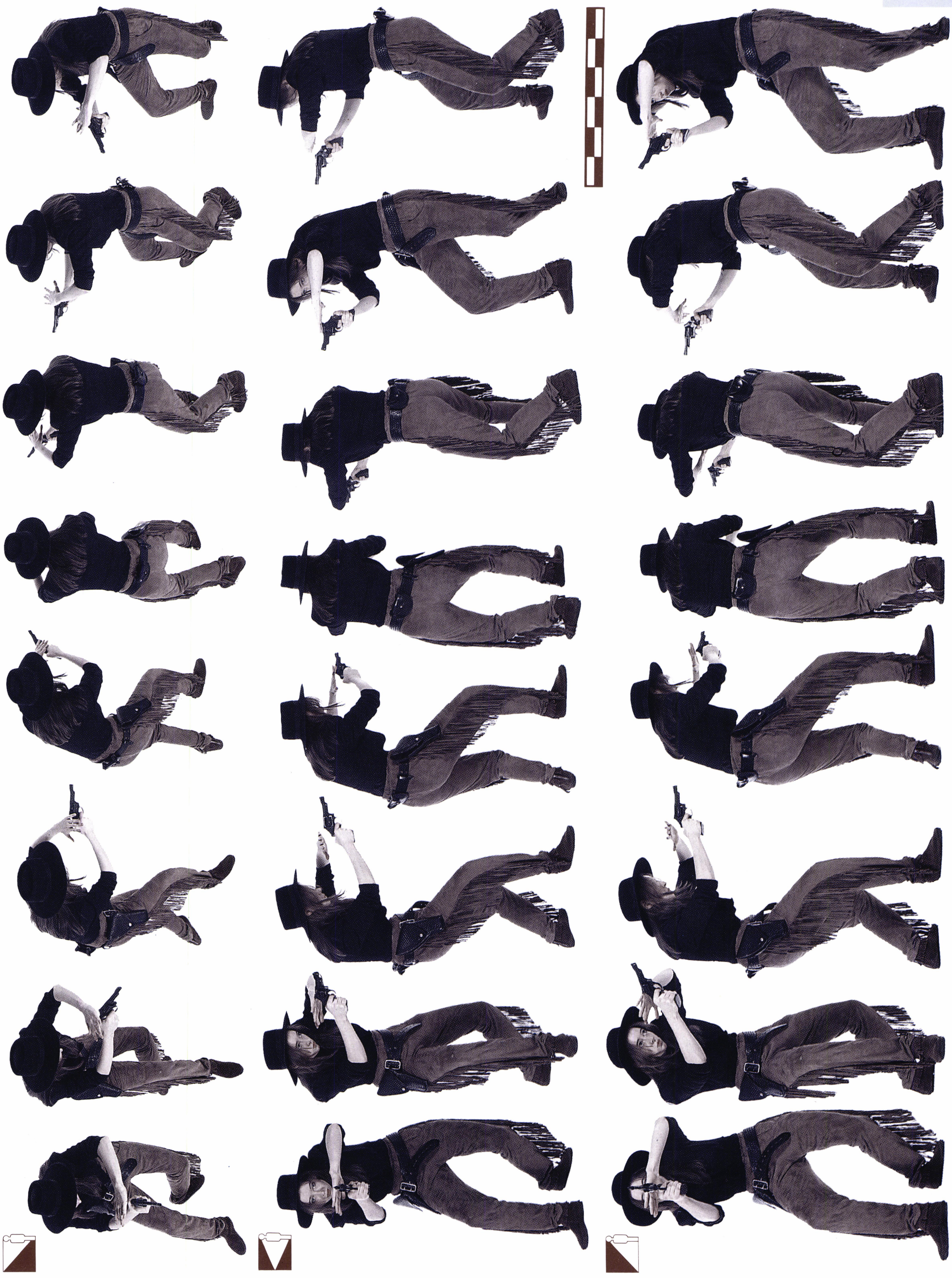
6·04 Girl praying



New York policeman – stop!

New York policeman directing traffic

Cowgirl shooting

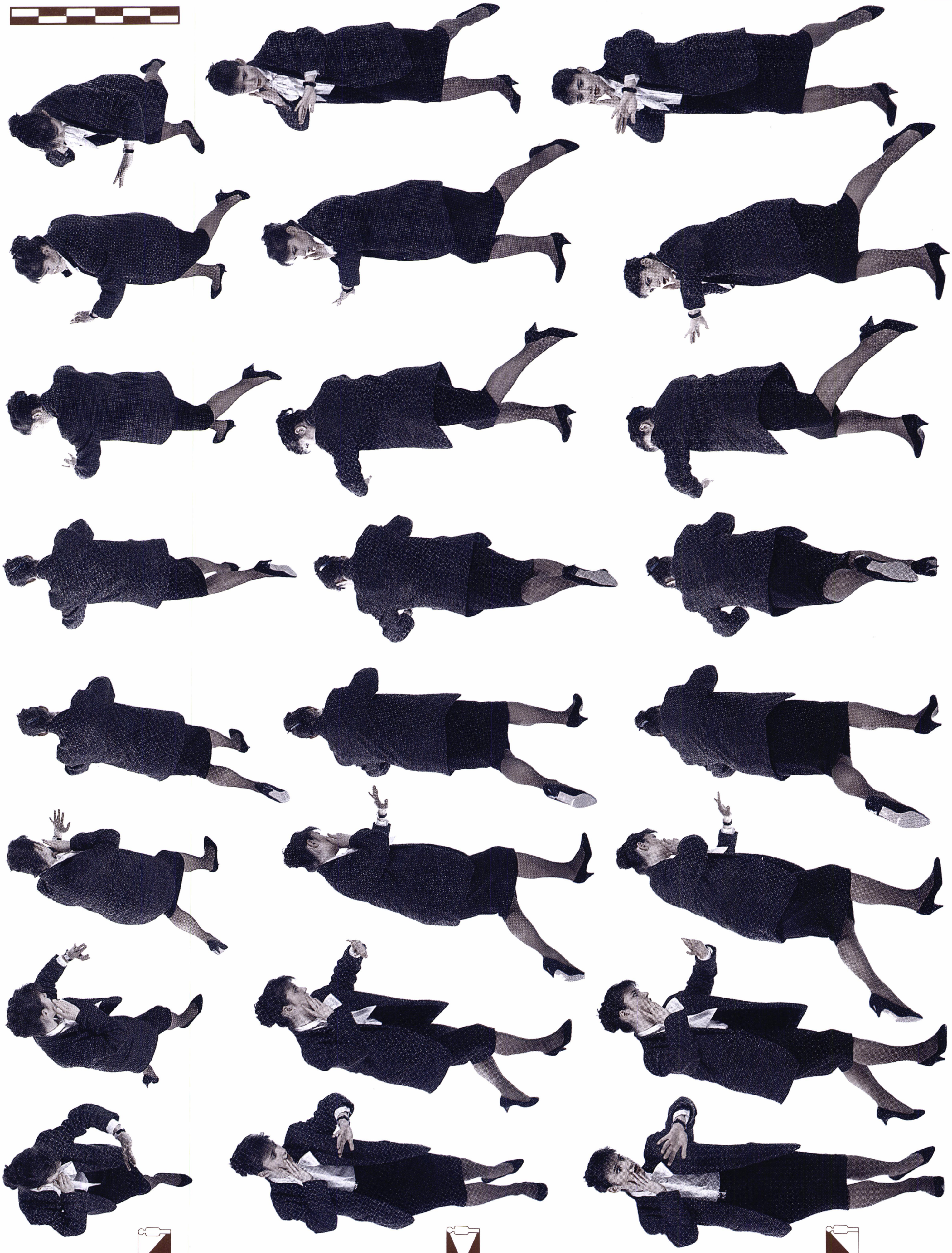


7·04 British policeman saluting

Gangster with violin case

8·01 Businessman holding briefcase hailing taxi

Secretary running looking at watch



8·03 Businessman opening umbrella

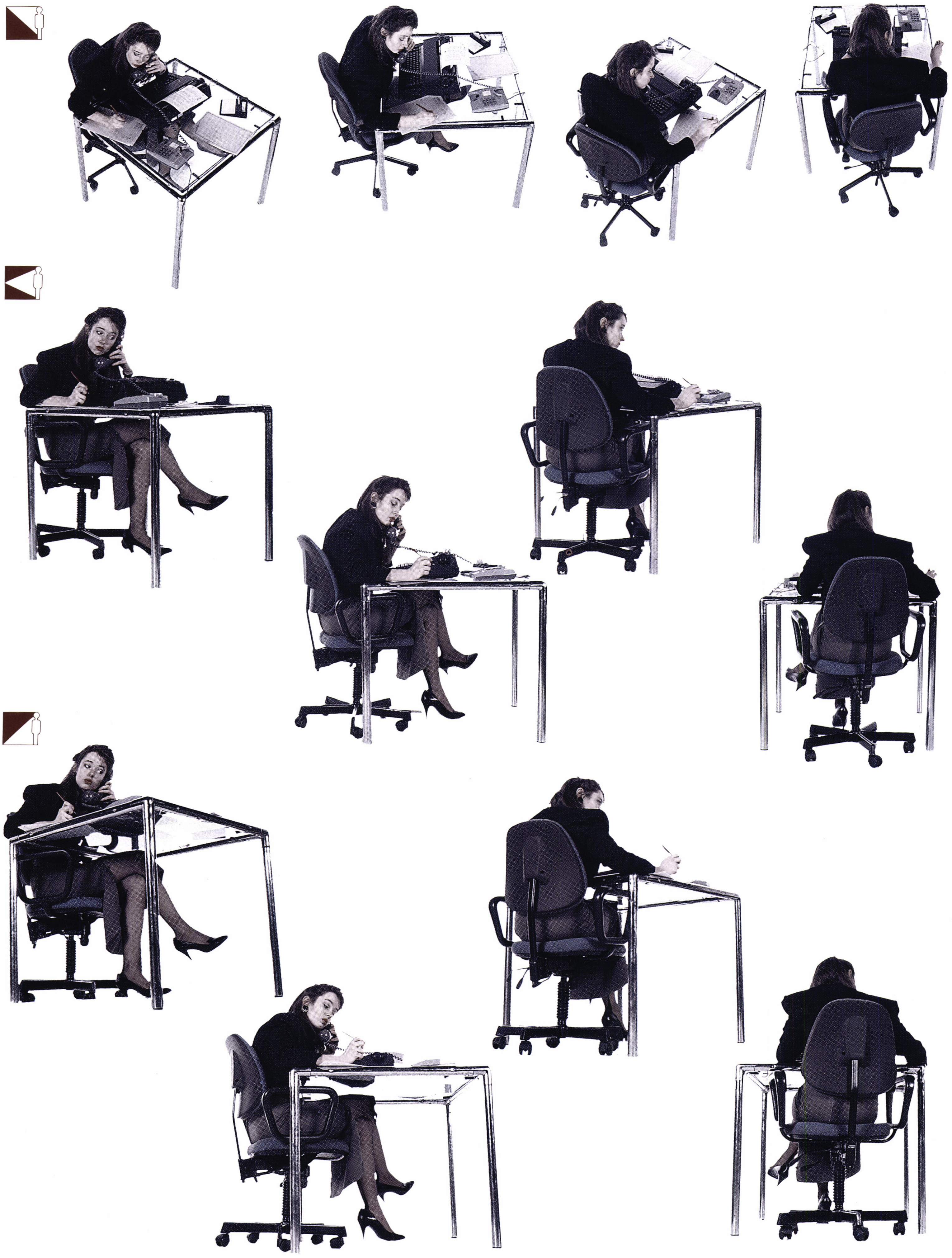
8·04 Standing under an umbrella

8·05 Secretary taking dictation

Businessman talking on phone looking at watch

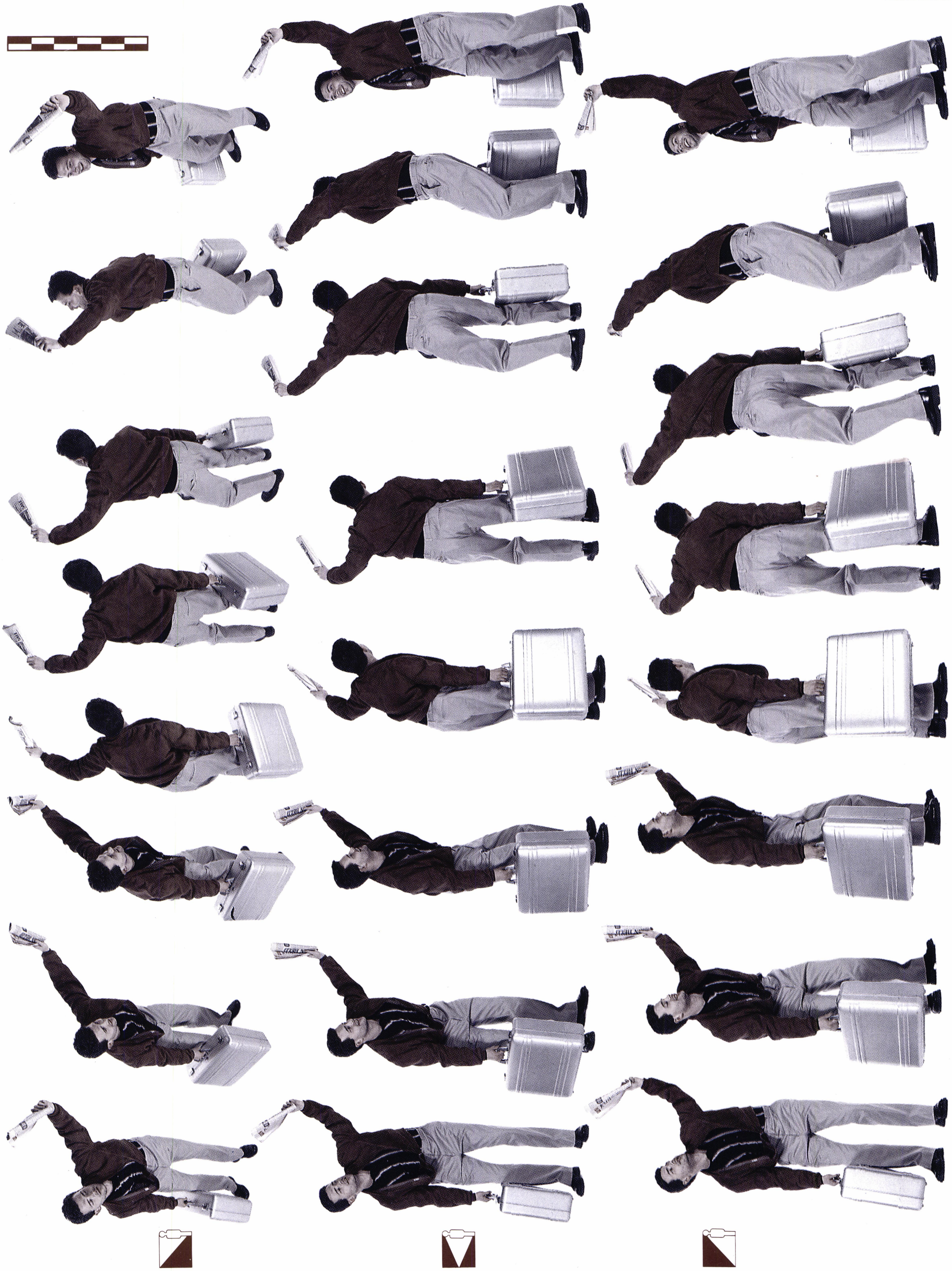
8·07 Secretary at typewriter

8·08 Secretary at desk talking on phone

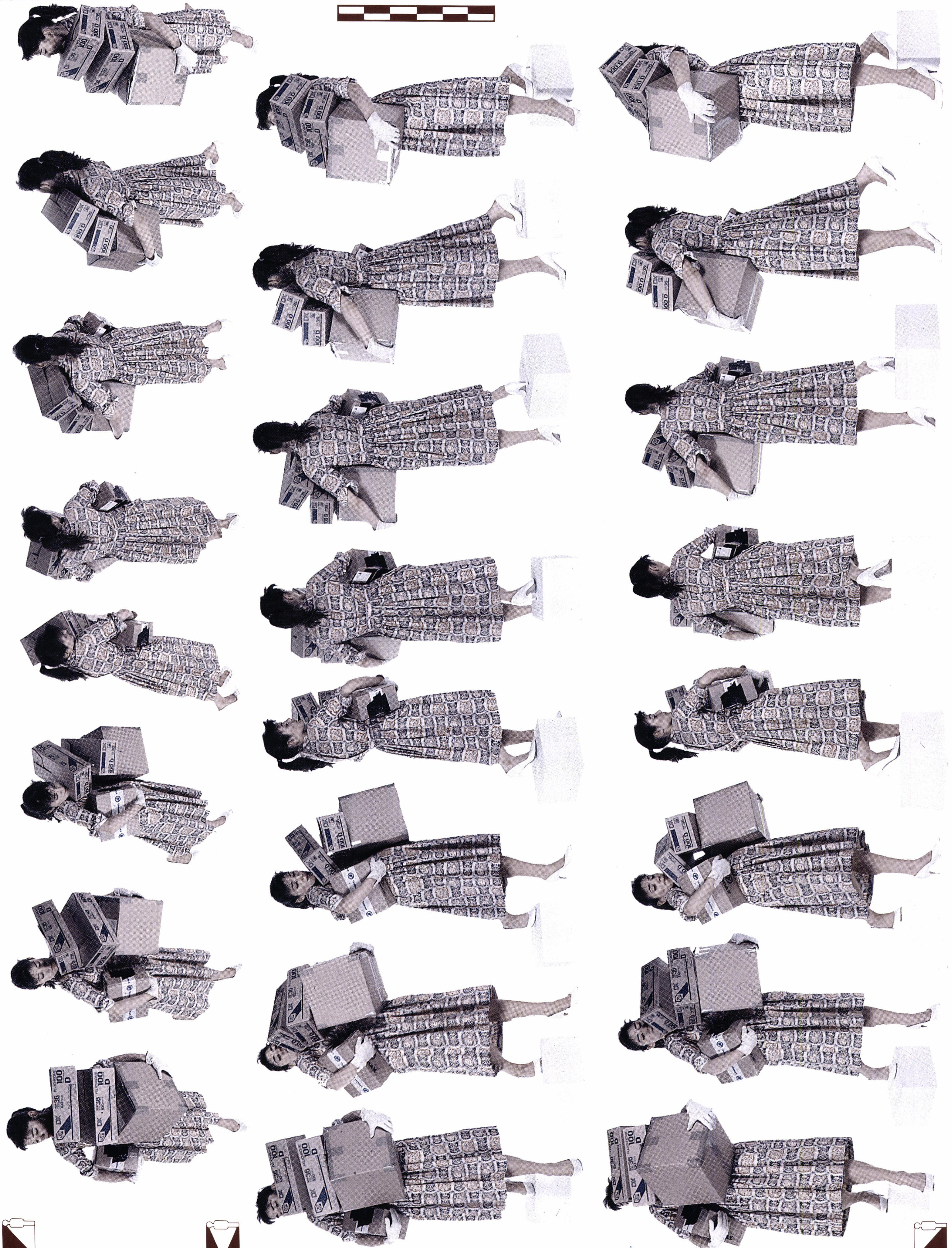


8·09 Commuting

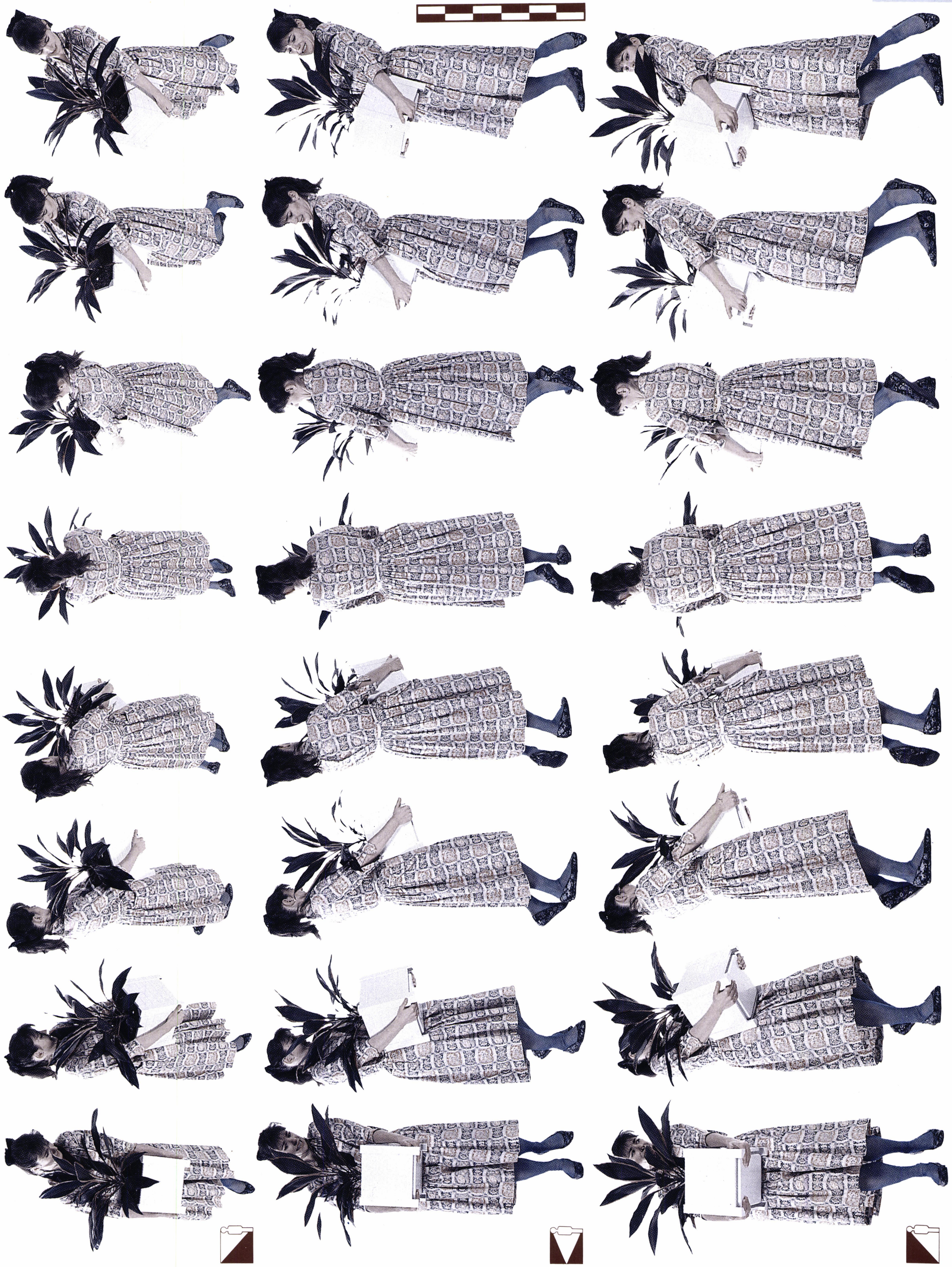
Heavy suitcase



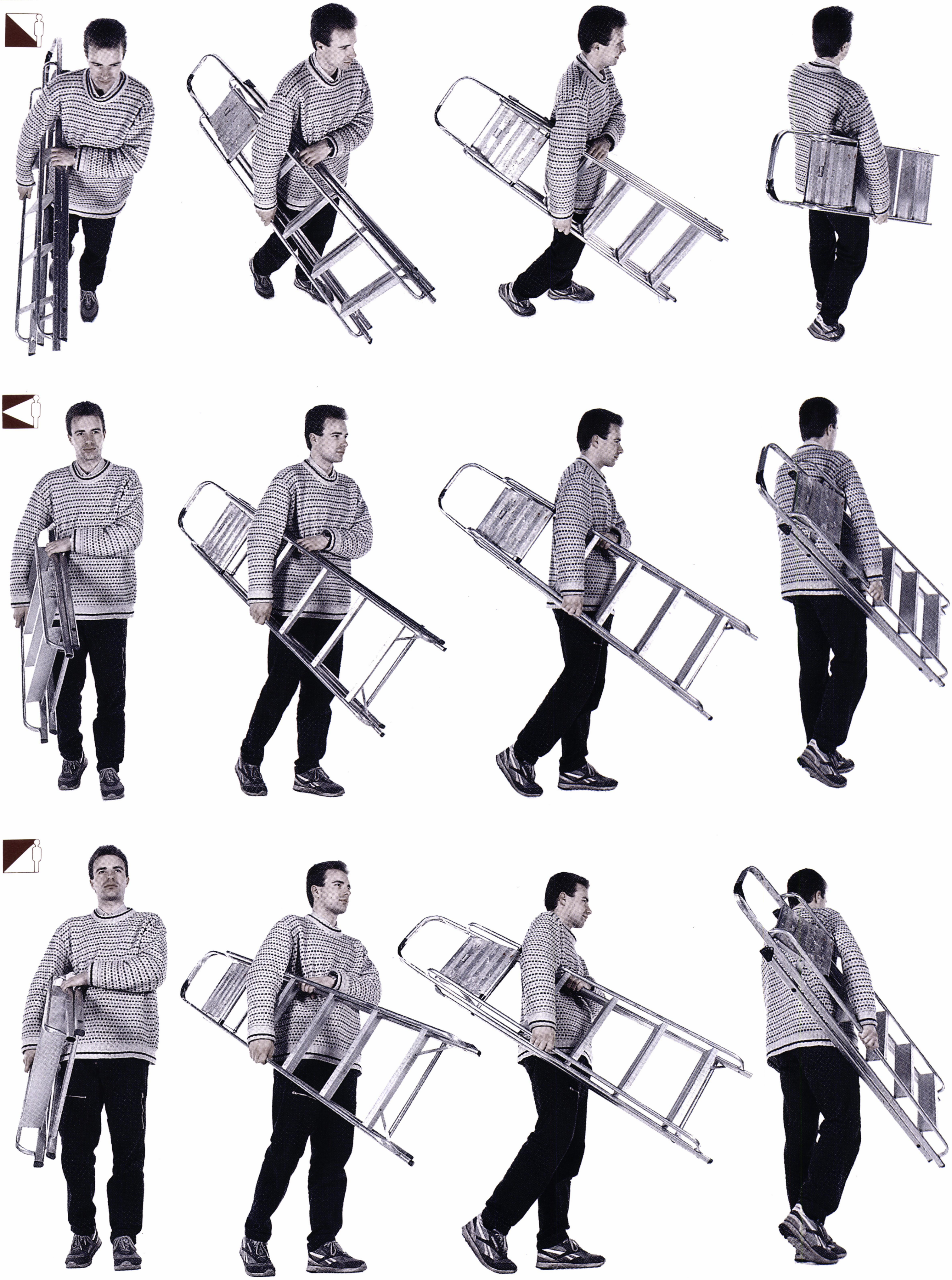
9·02 Stack of boxes

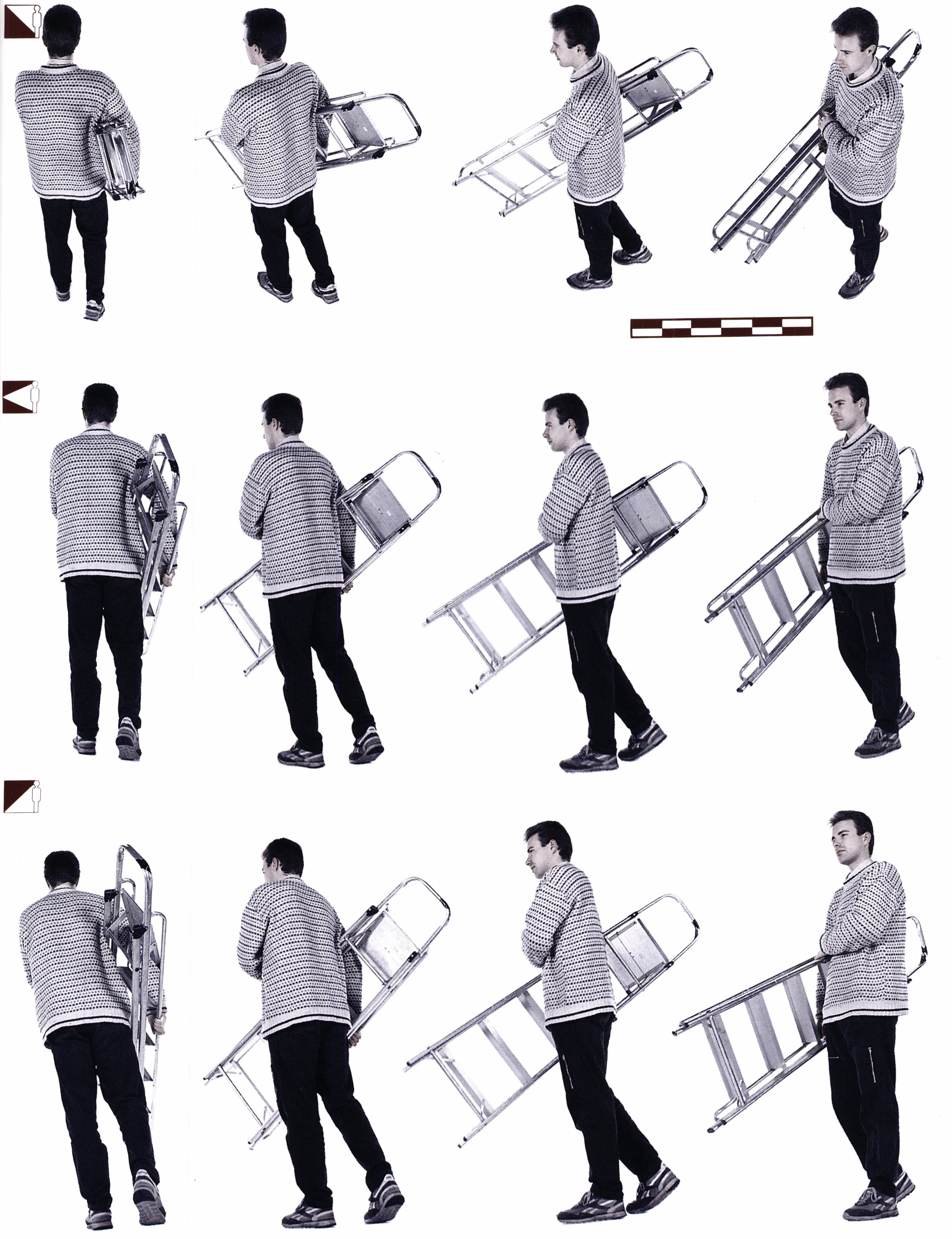


Large potted plant

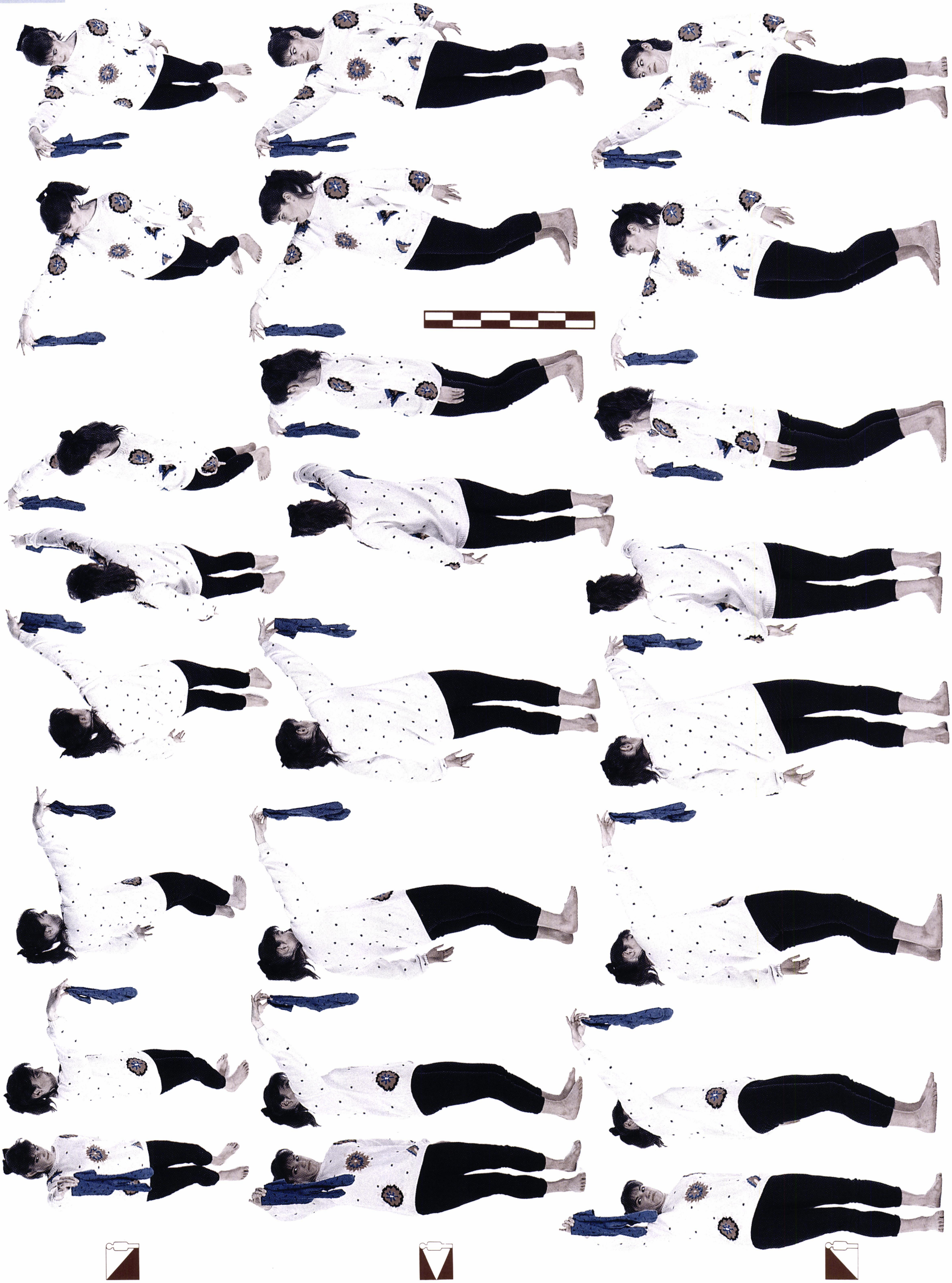


9·04 Step-ladder

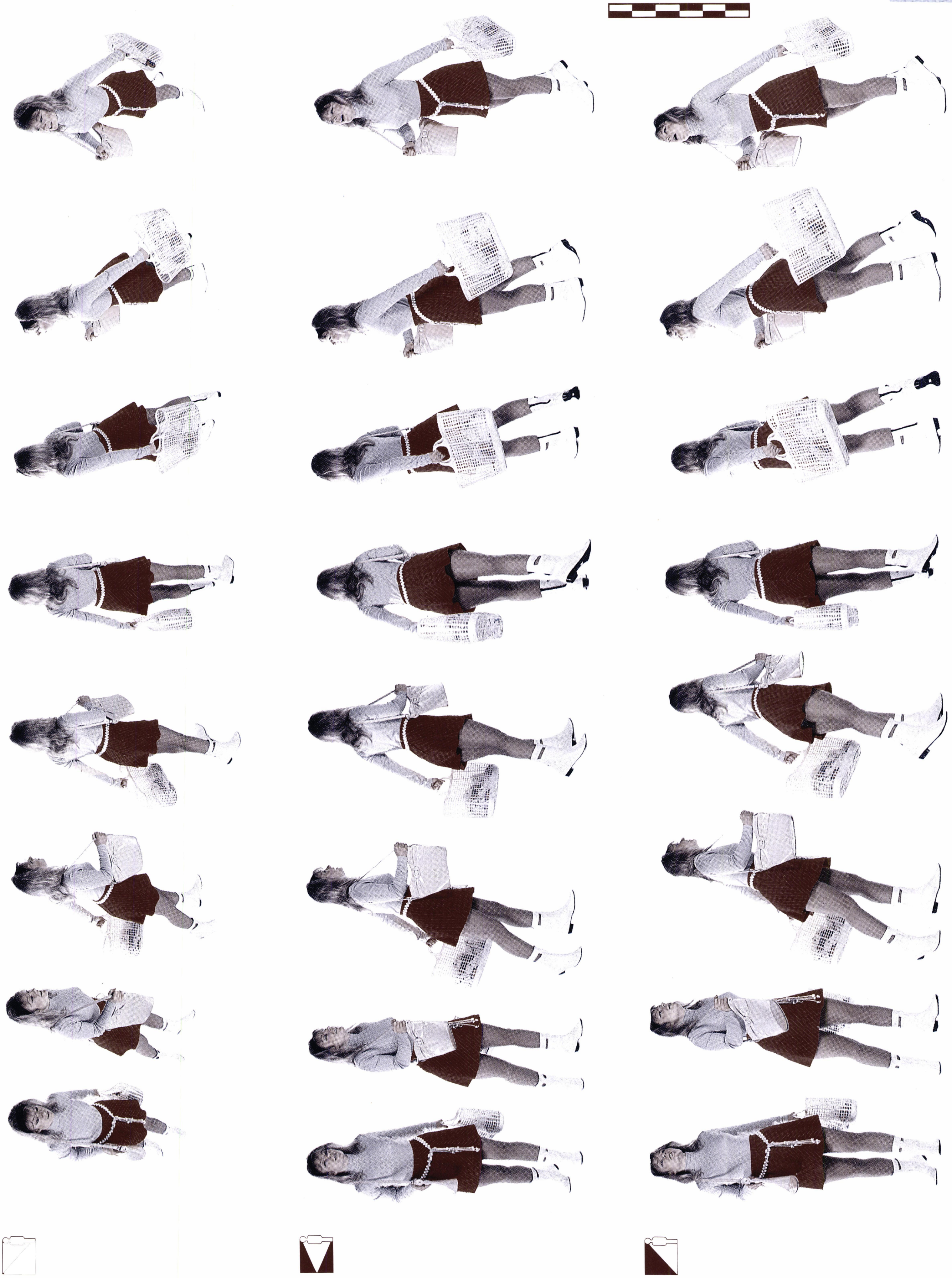




"Smelly socks"

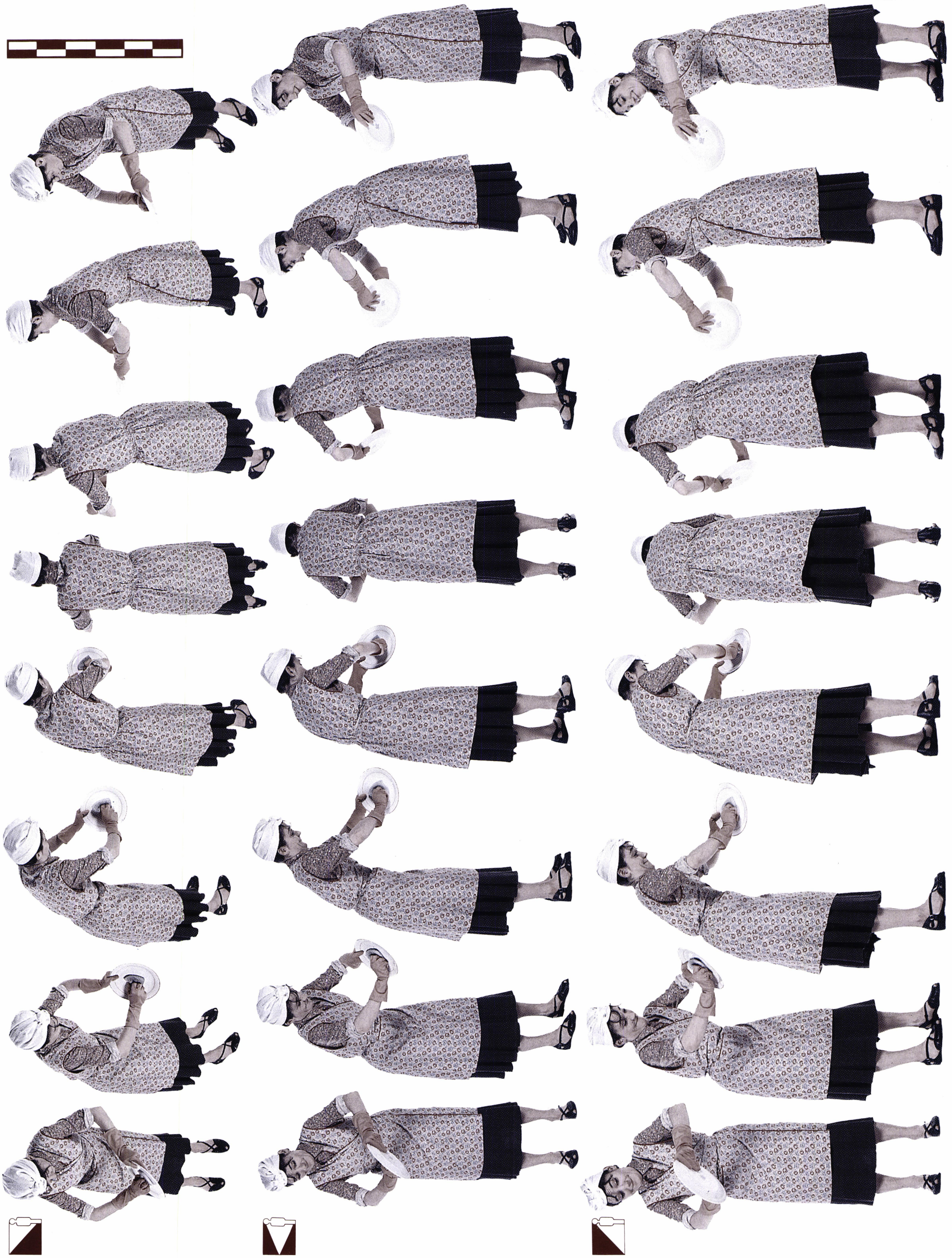


Shoulder bag and carrier bag

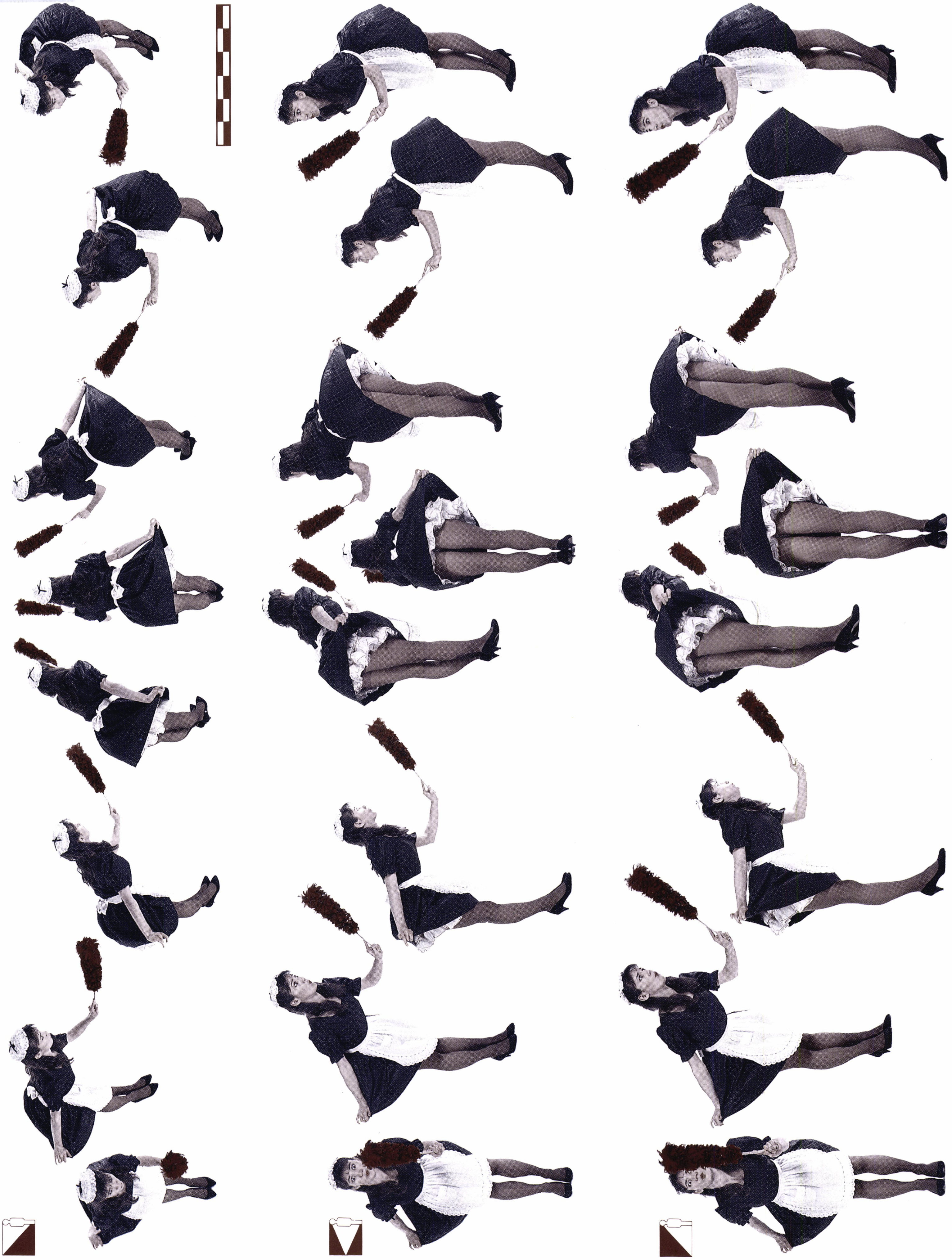


10·01 Sewing

Washing-up



10·03 French maid dusting



Sweeping up

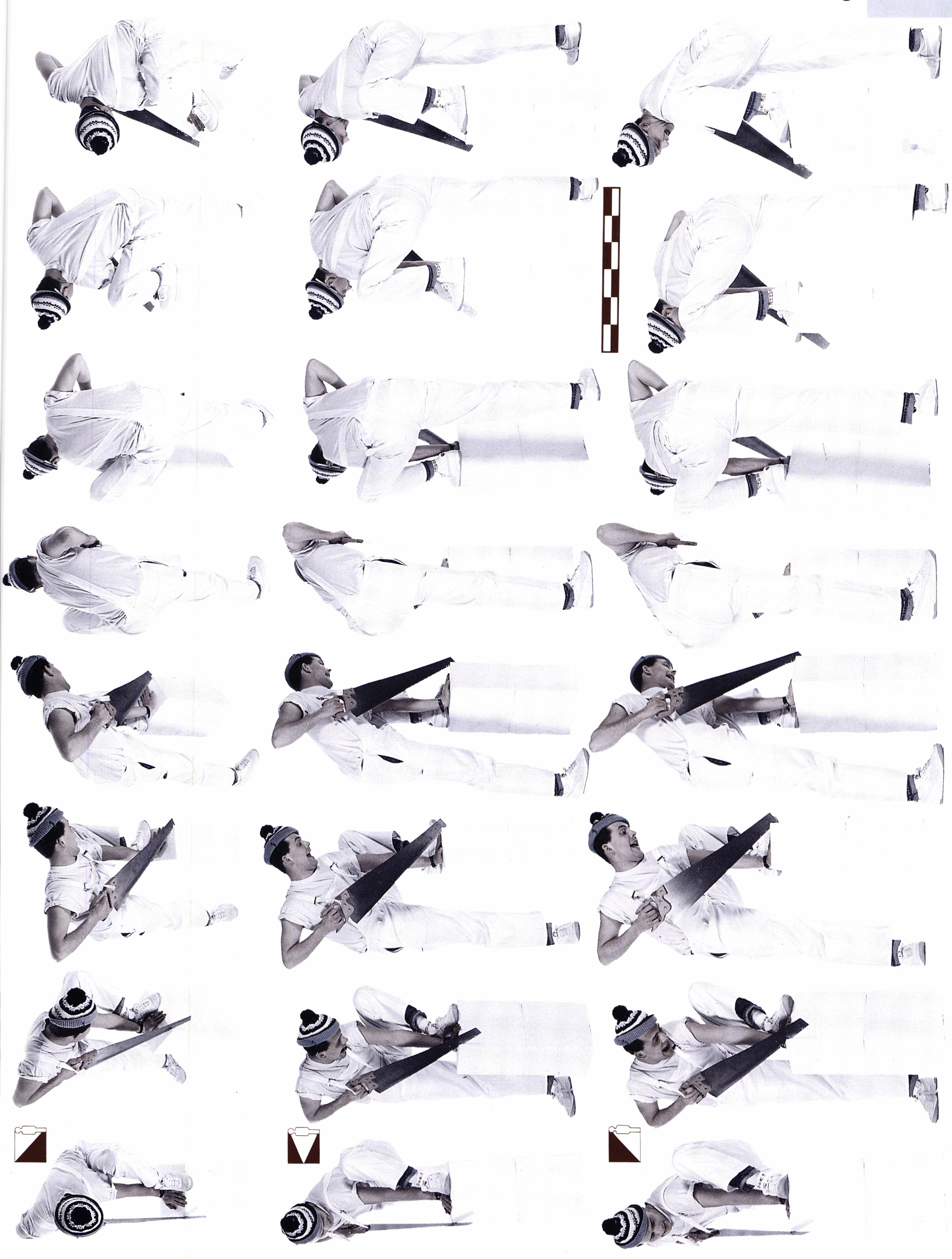
10·05 Vacuuming

Knitting in rocking chair

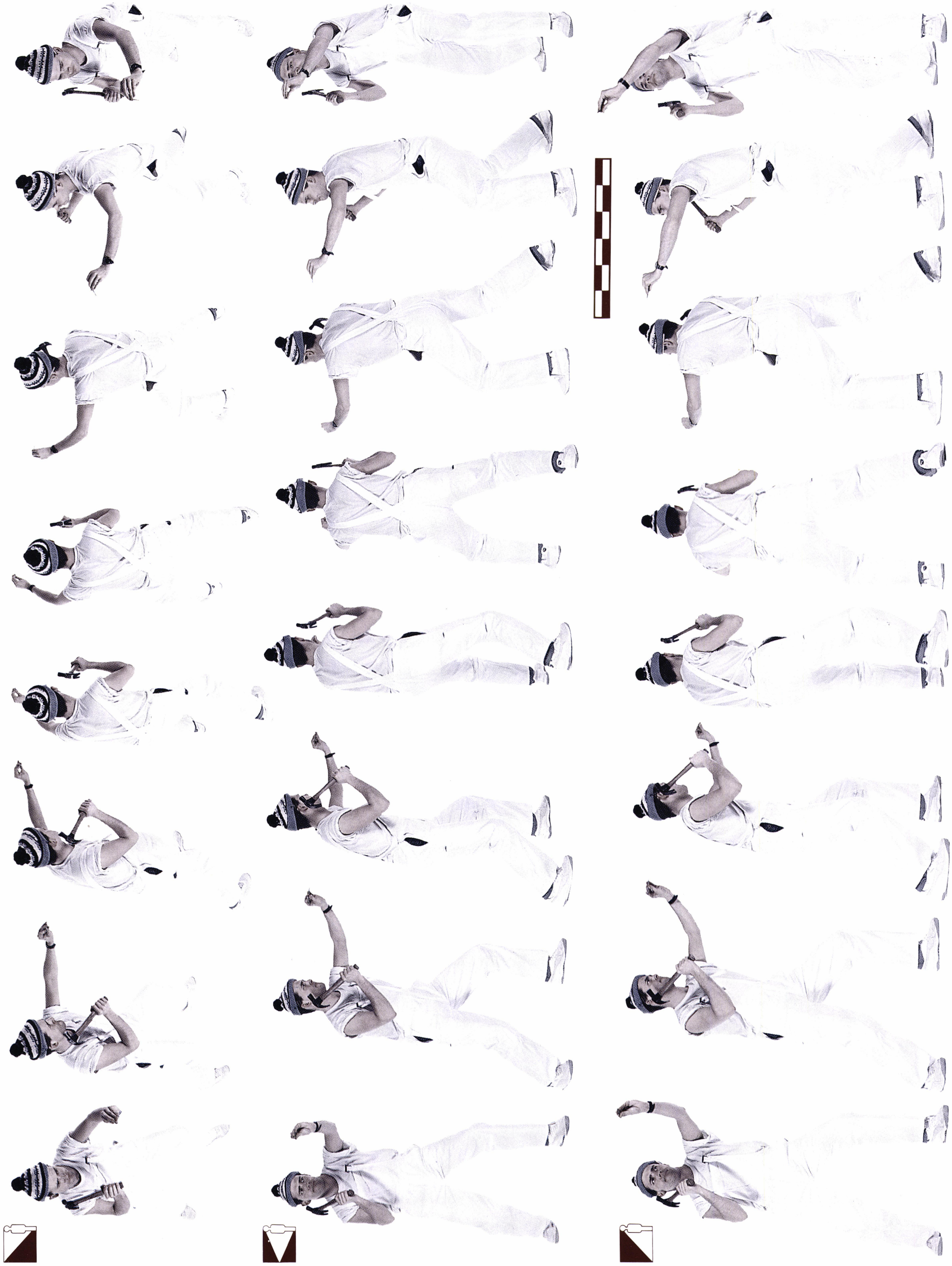
Painting with a roller

10·08 Leaning on broom

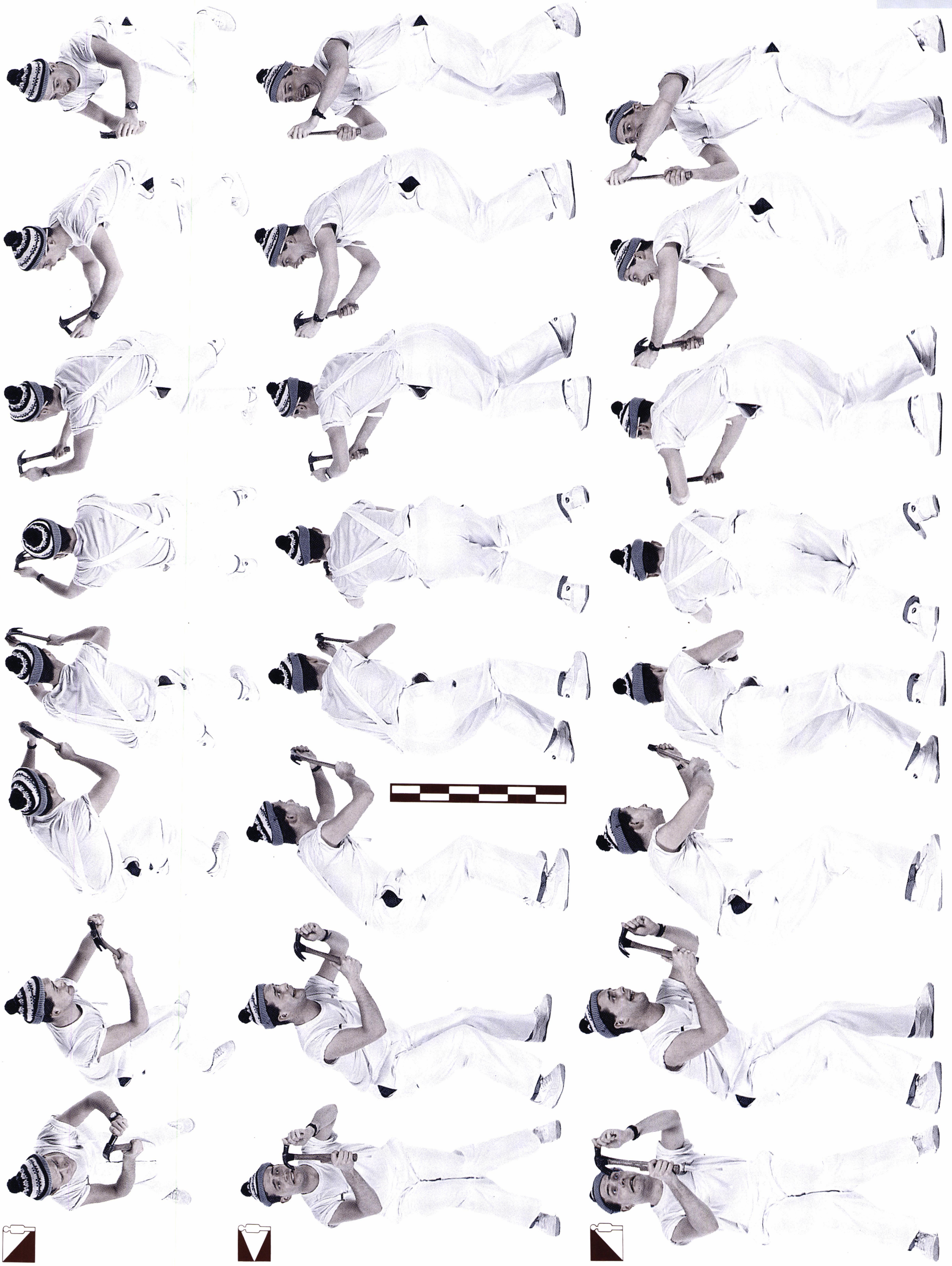
Sawing



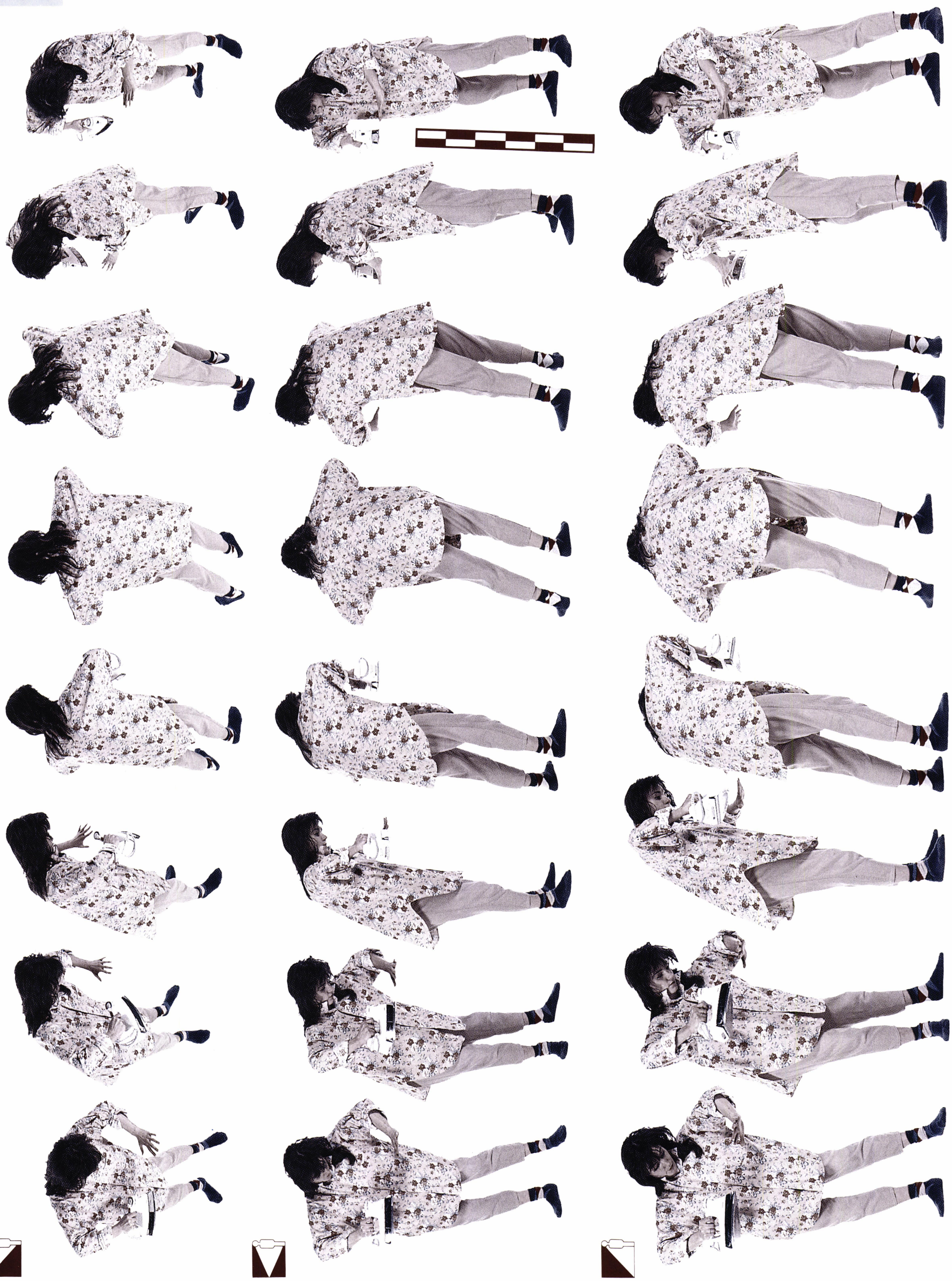
Hammering in a nail



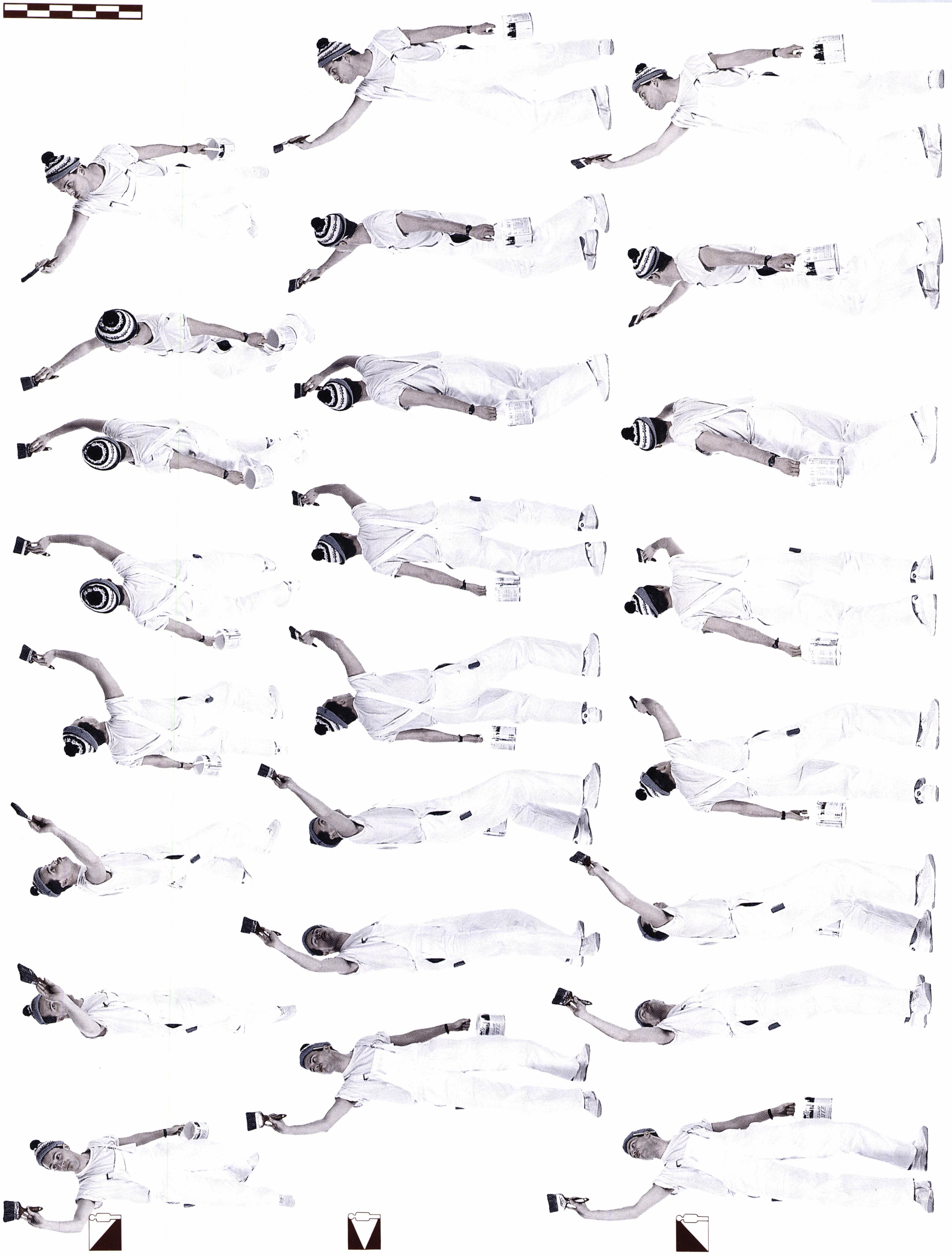
Hitting thumb with hammer



10·12 Ironing



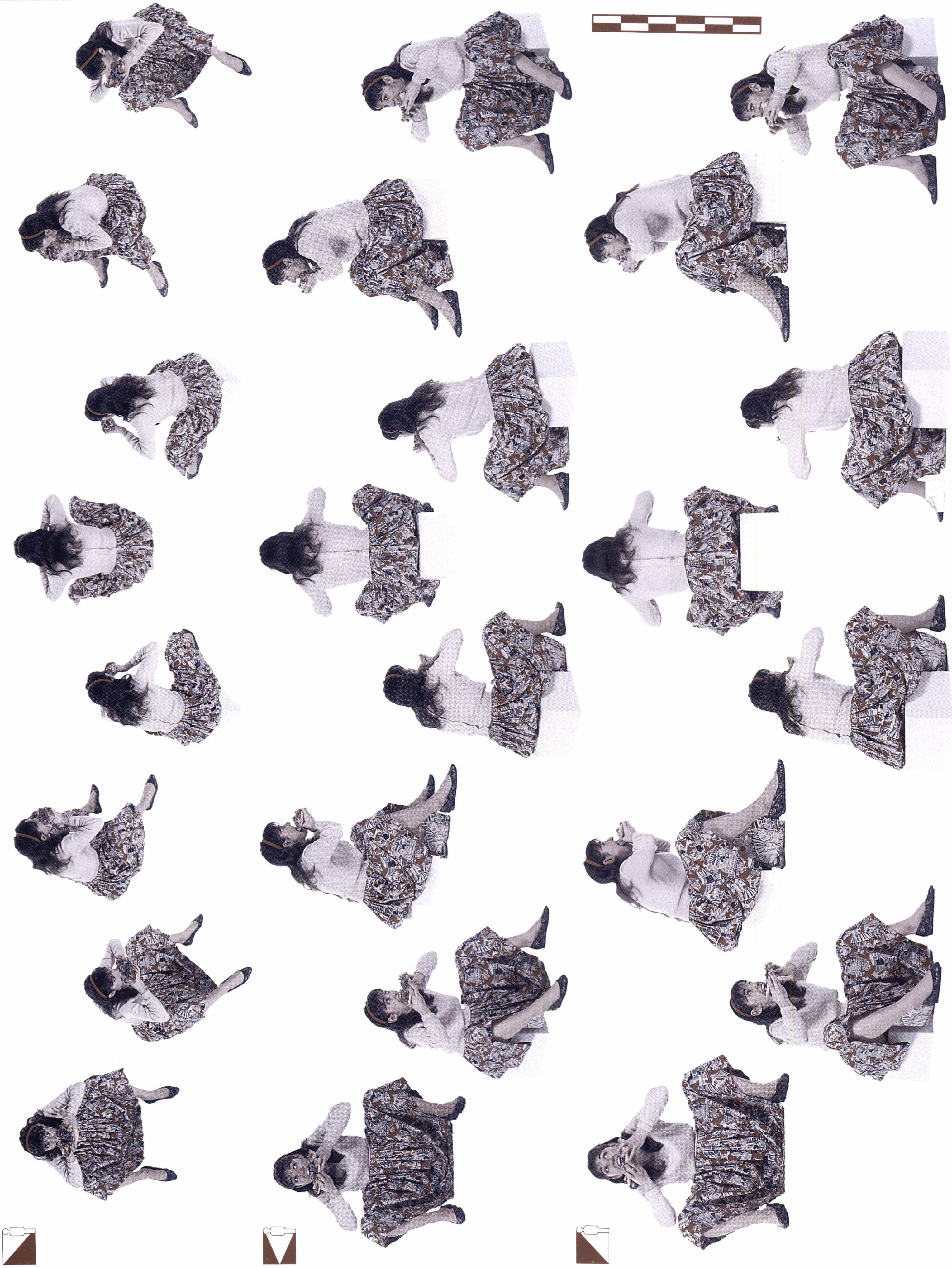
Painting with a brush



11·01 Eating sandwiches and drinking tea

Drinking from a can

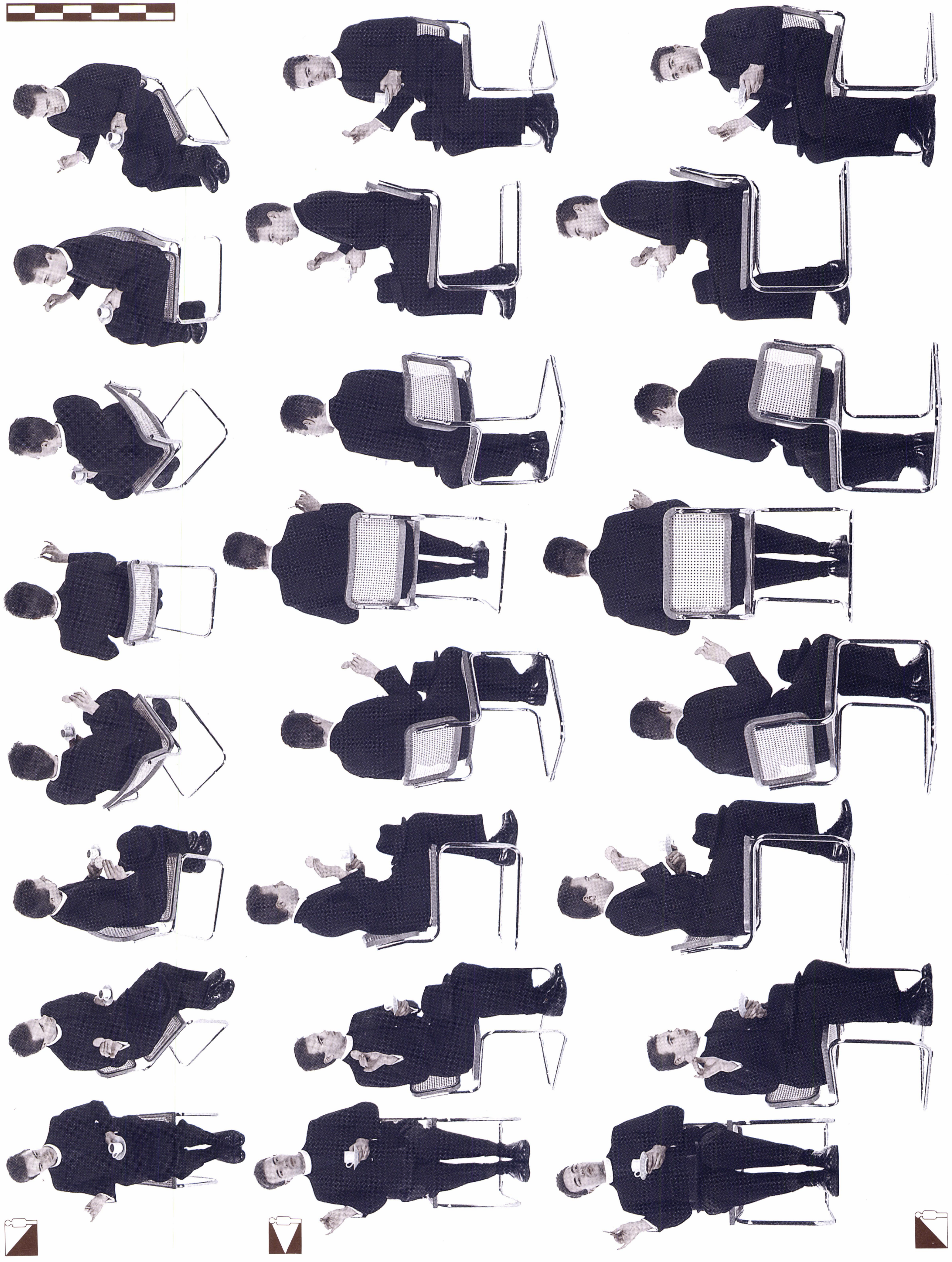
11·03 Eating pizza with hands



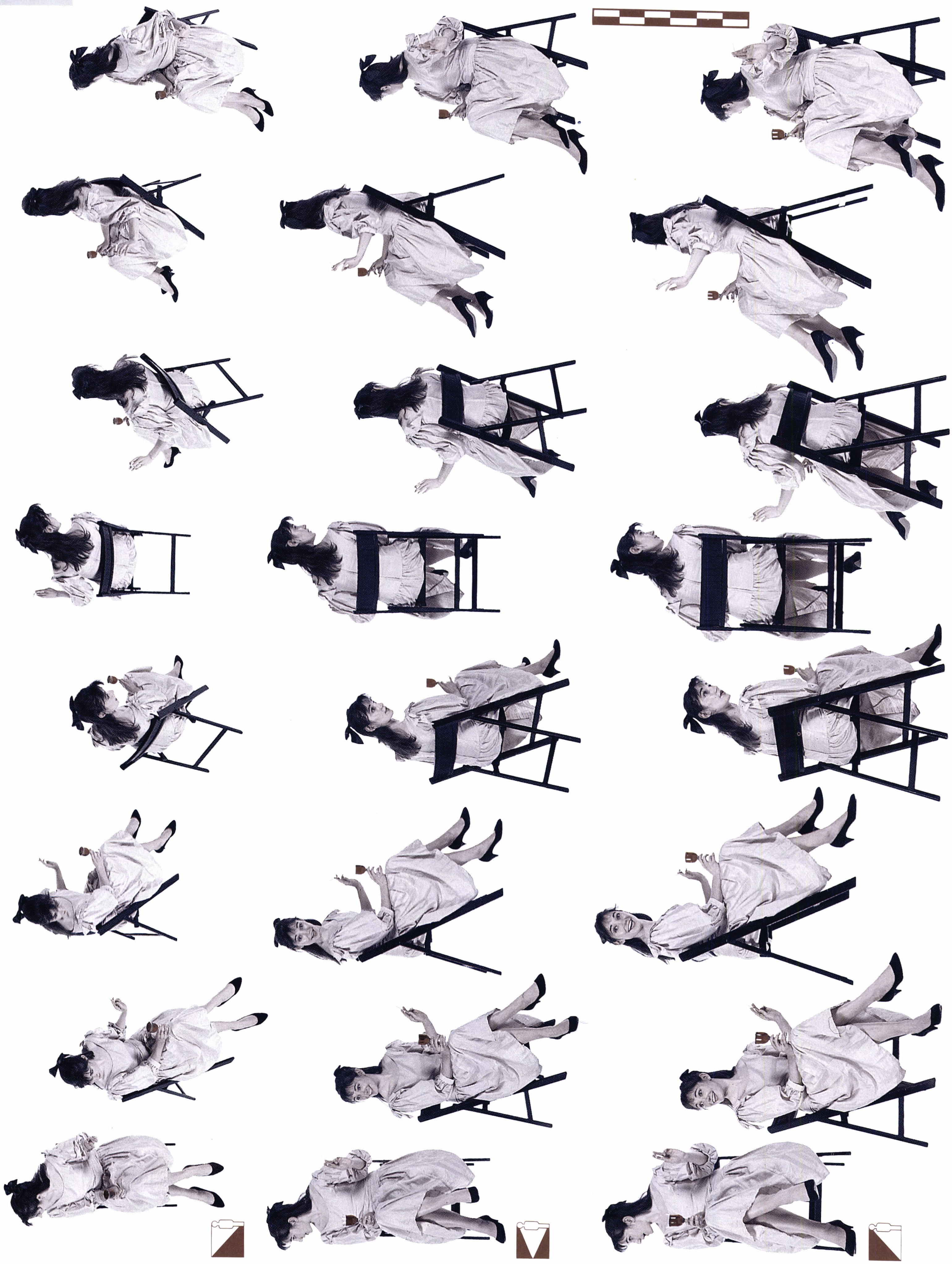
Eating with chopsticks

Secretary drinking from teacup and saucer

Vicar drinking tea and biscuits



11·07 Drinking wine and smoking



Drinking wine at cocktail party

11·09 Waiter serving wine

11·10 Waitress with tray

Disco dancing

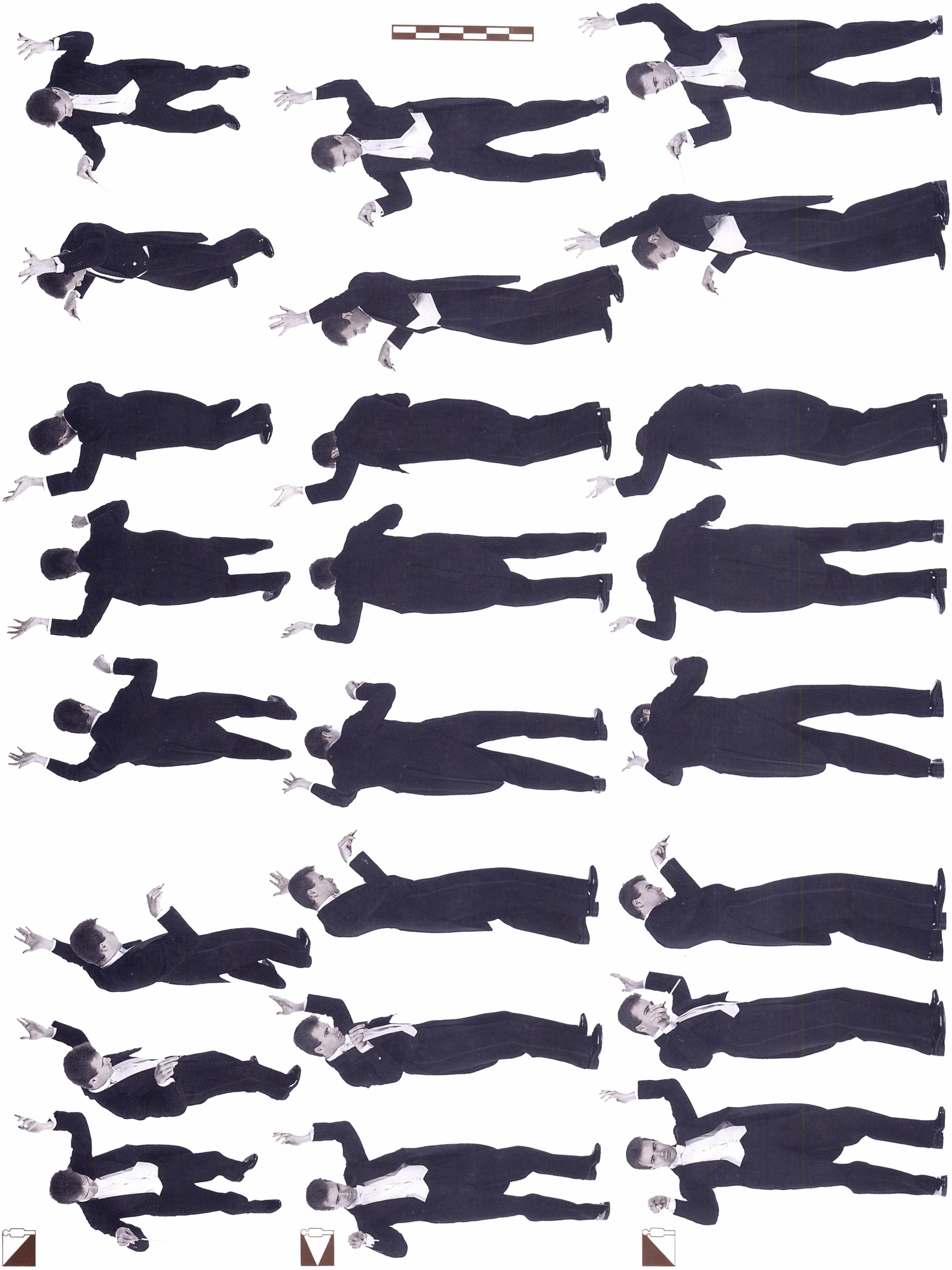
12·02 Rock and roll dancing

12·03 Ballroom dancing – quickstep

12·04 Ballroom dancing – waltz

12·05 Ballroom dancing – tango

12·06 Conducting – vivace

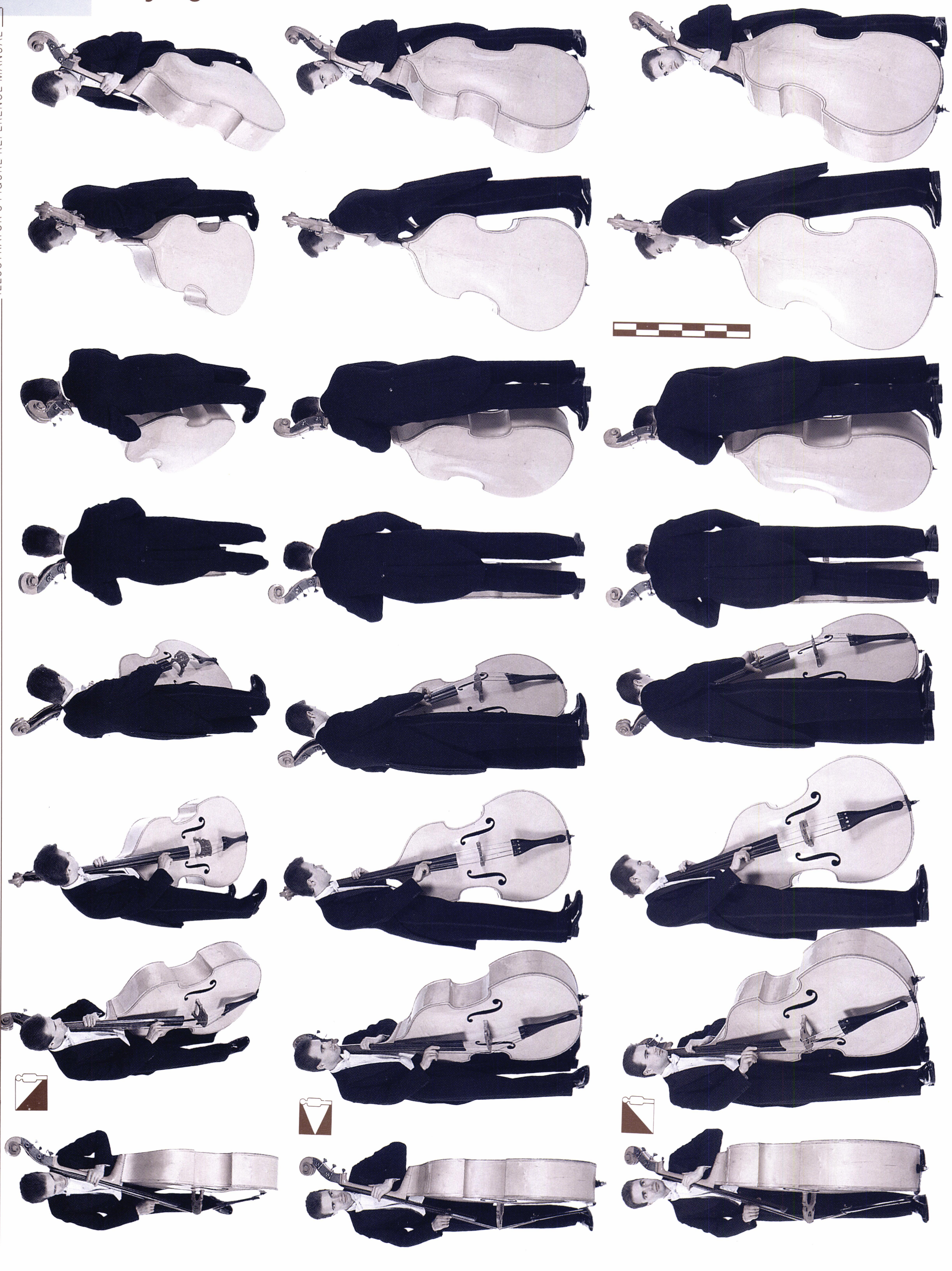


Conducting – adagio

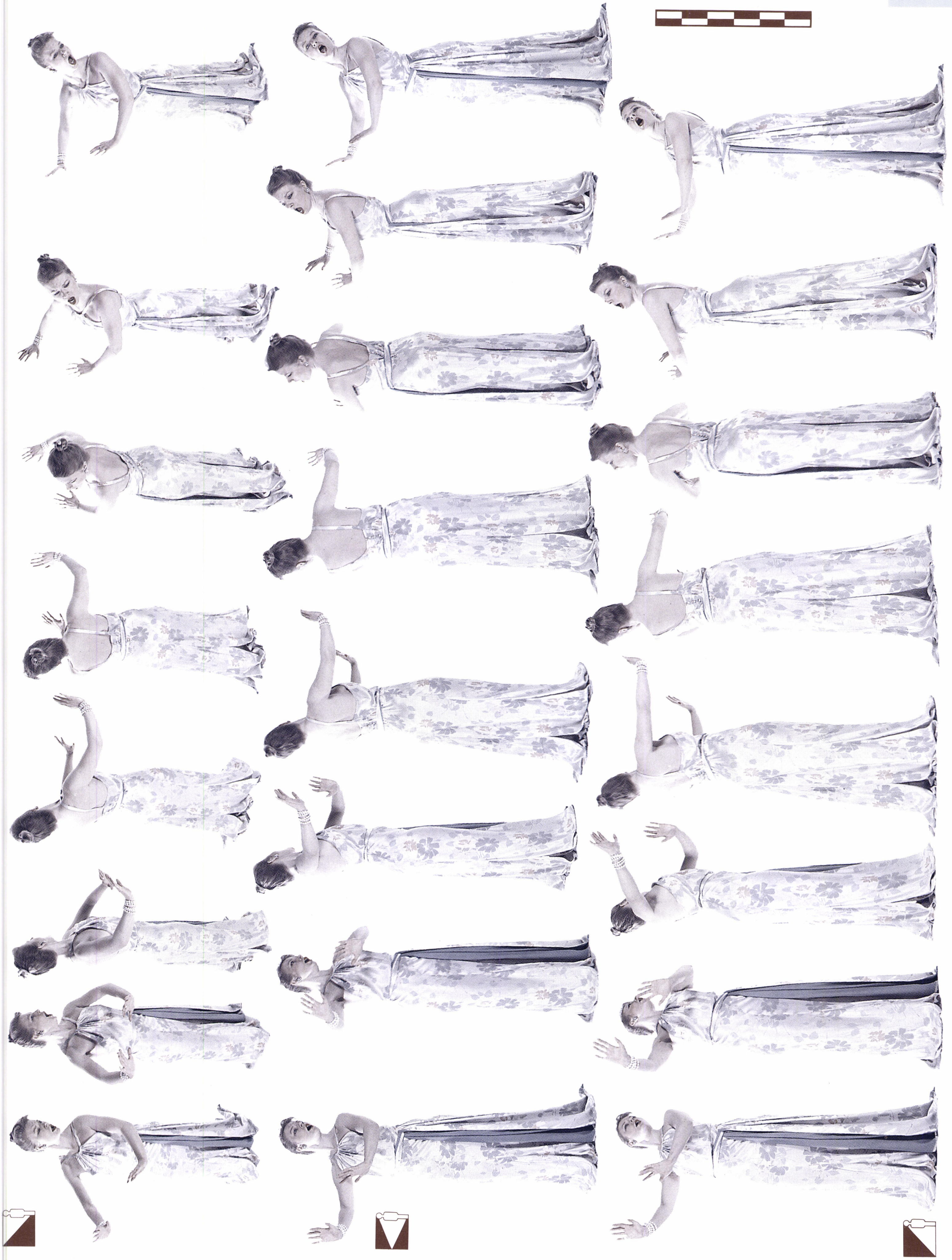
12·08 Playing the clarinet

Playing the violin

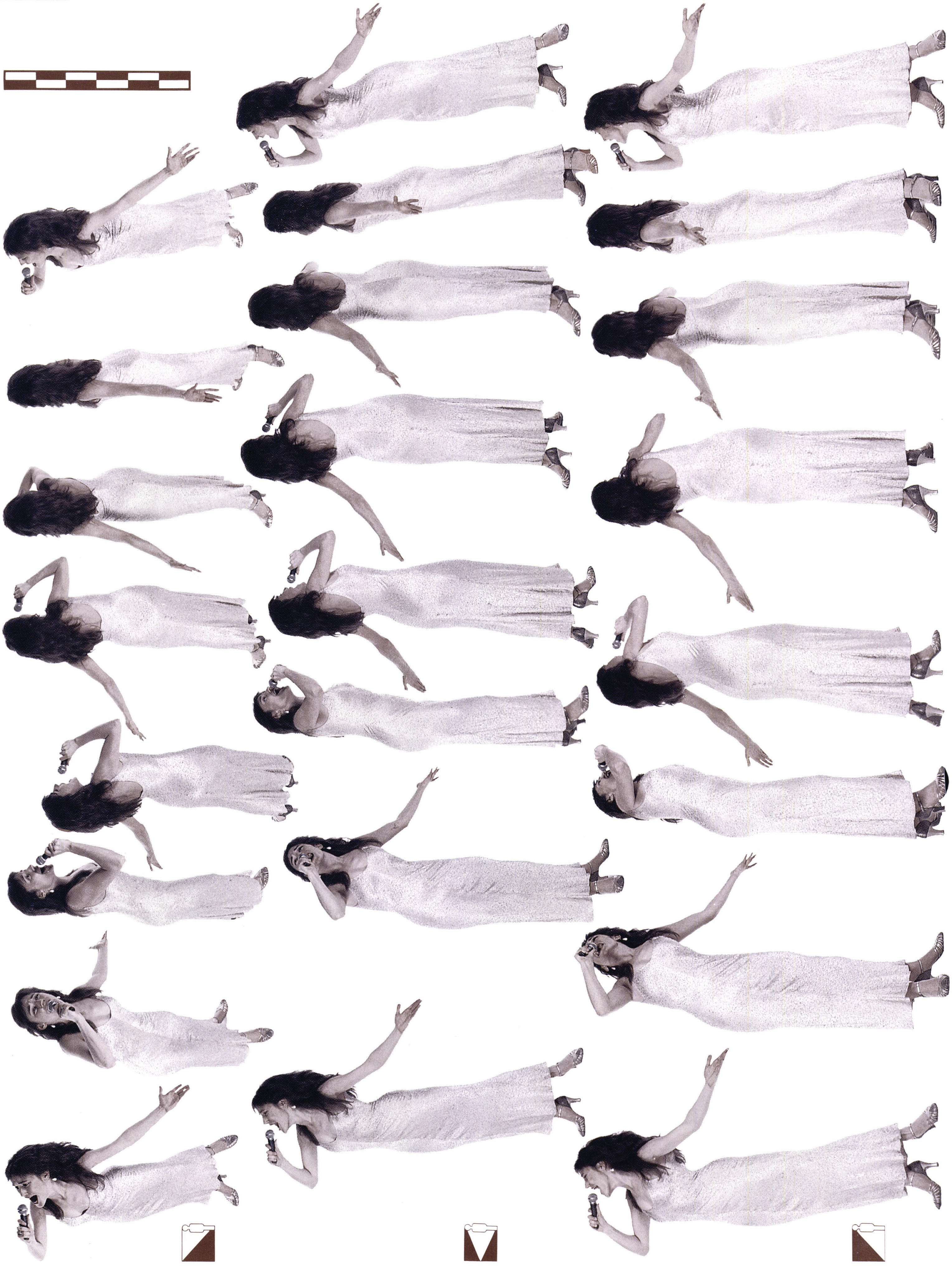
12·10 Playing the double bass



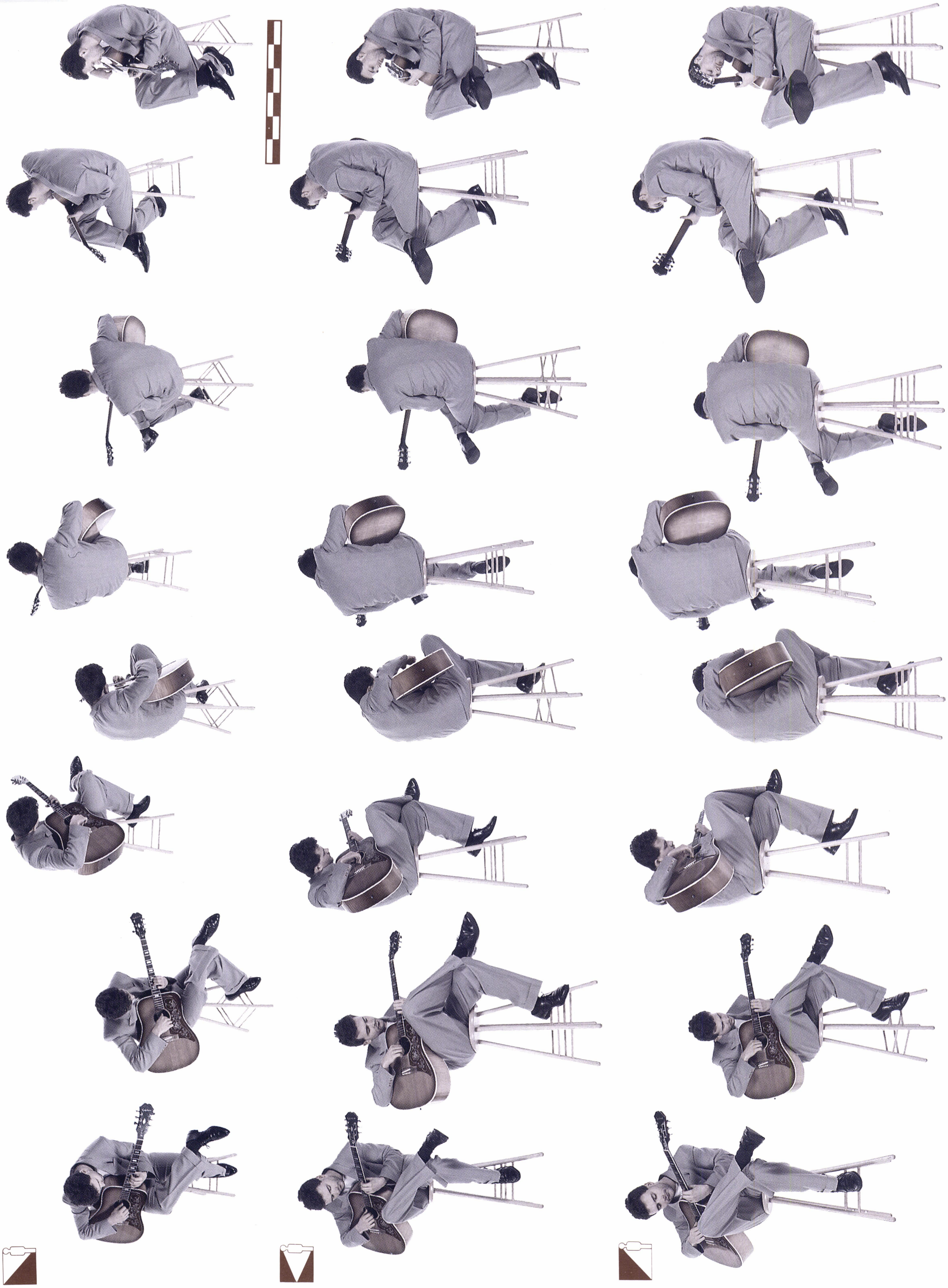
Opera singer



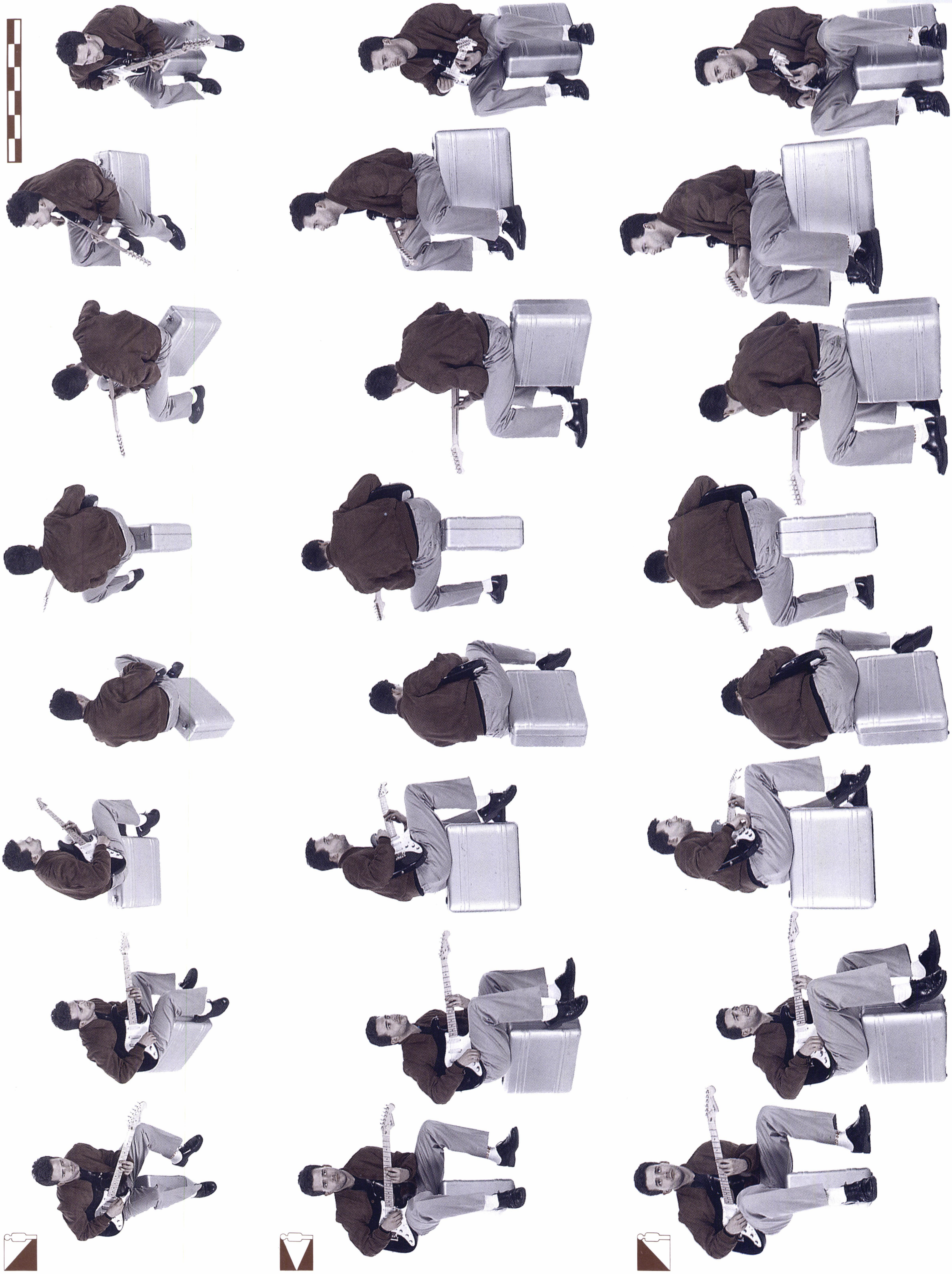
Country and western singer



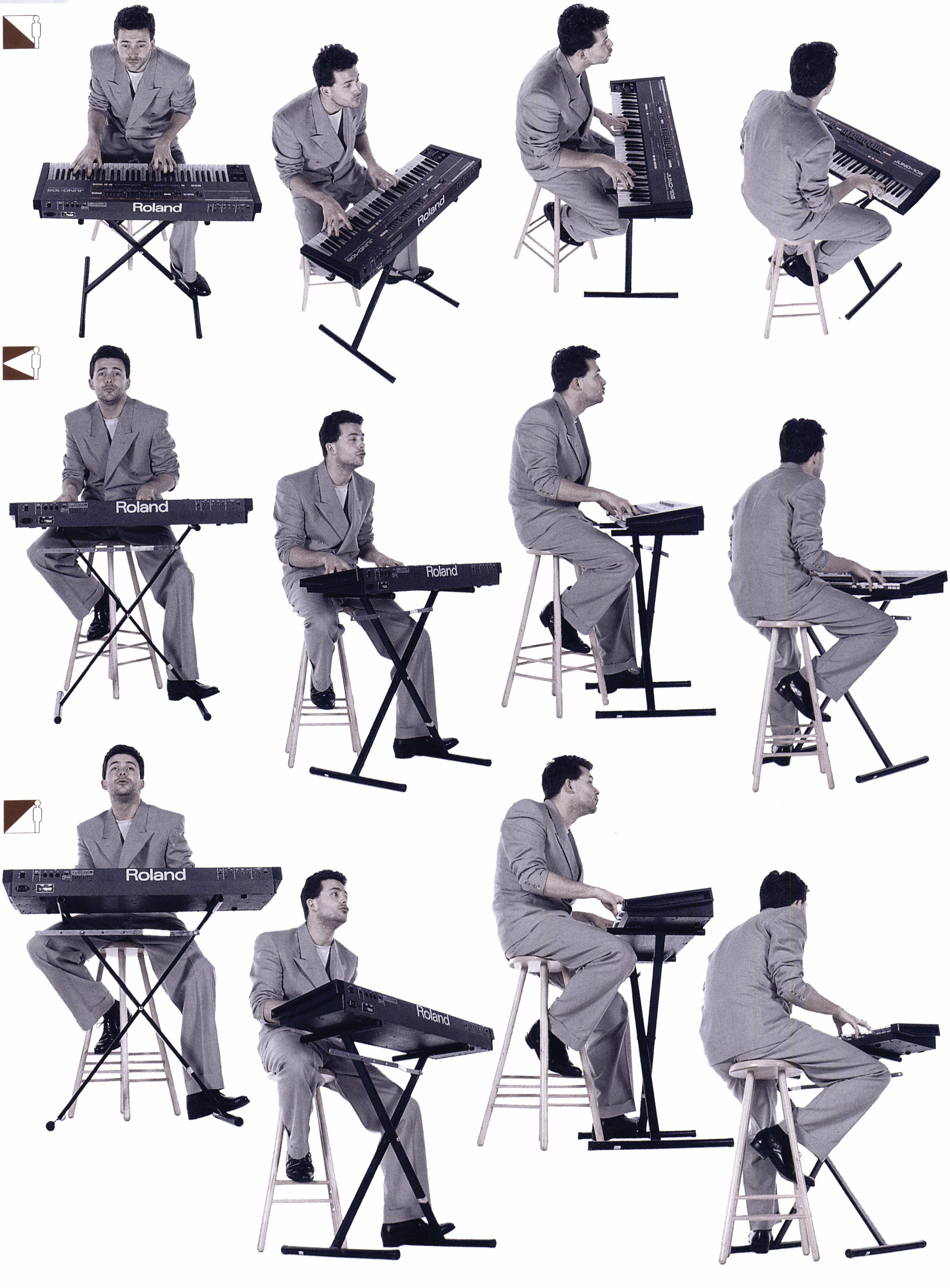
Playing an acoustic guitar



Playing an electric guitar

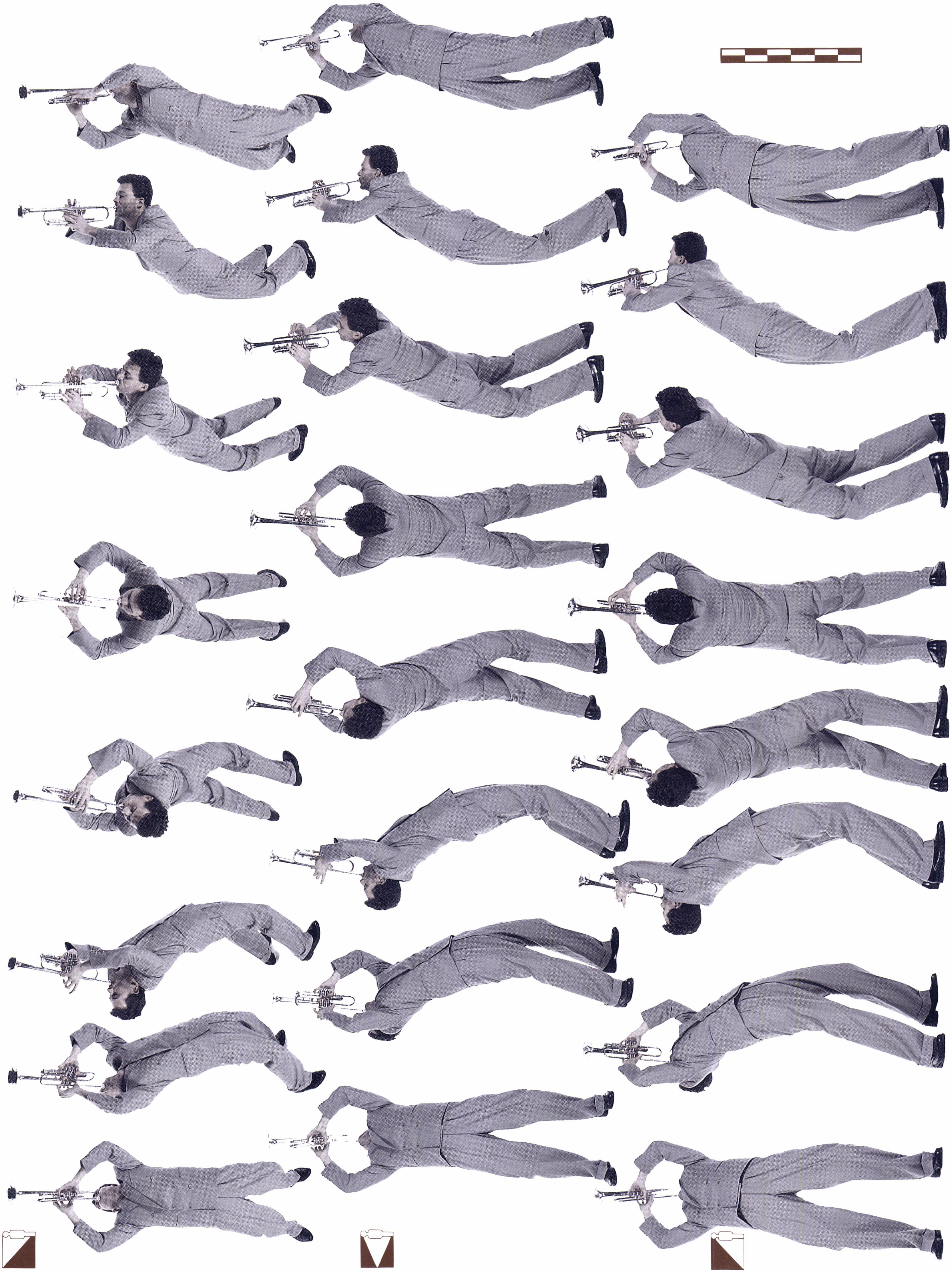


Playing an electric piano

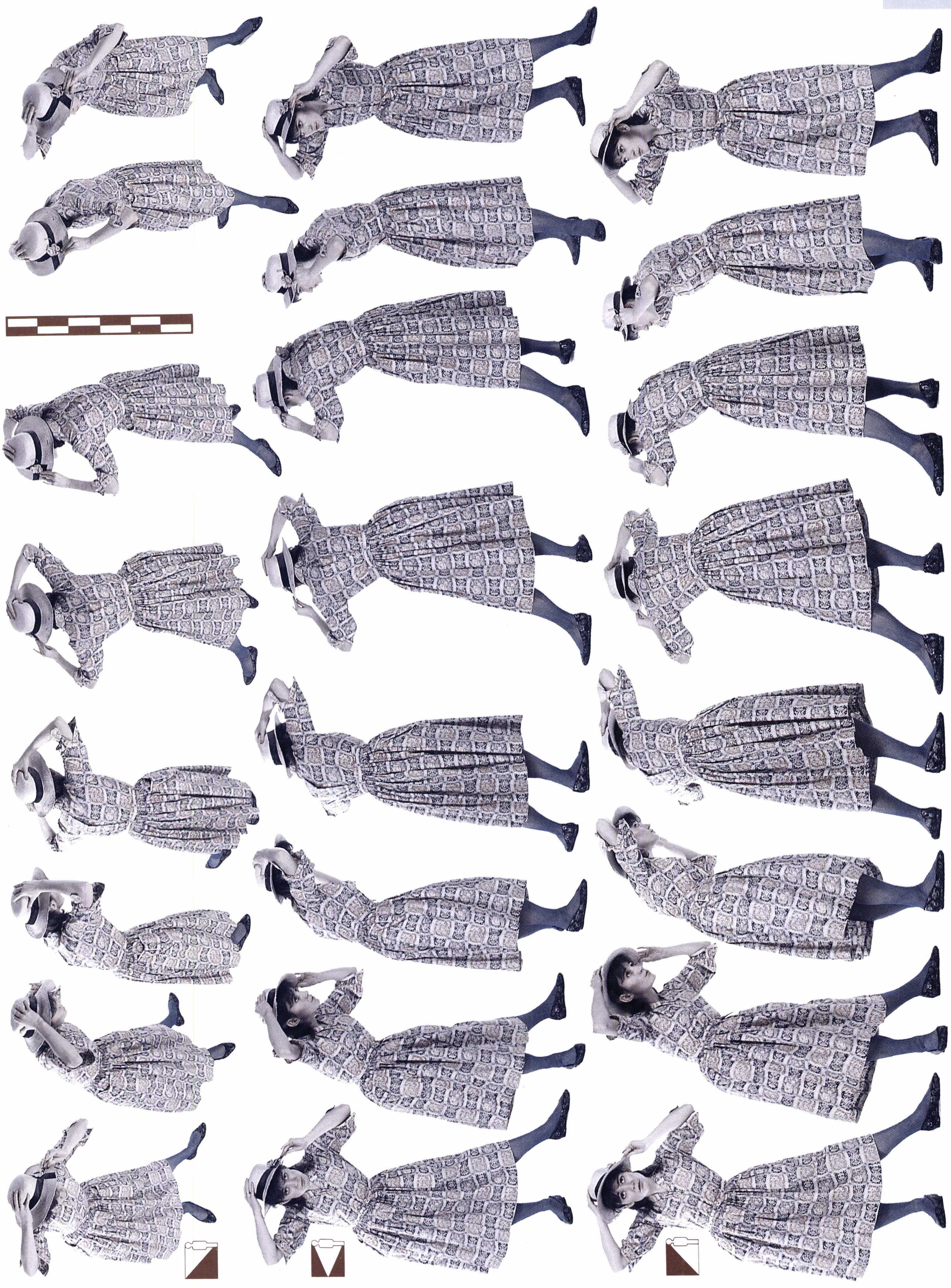


Roland
Roland
Roland

Jazz trumpeter

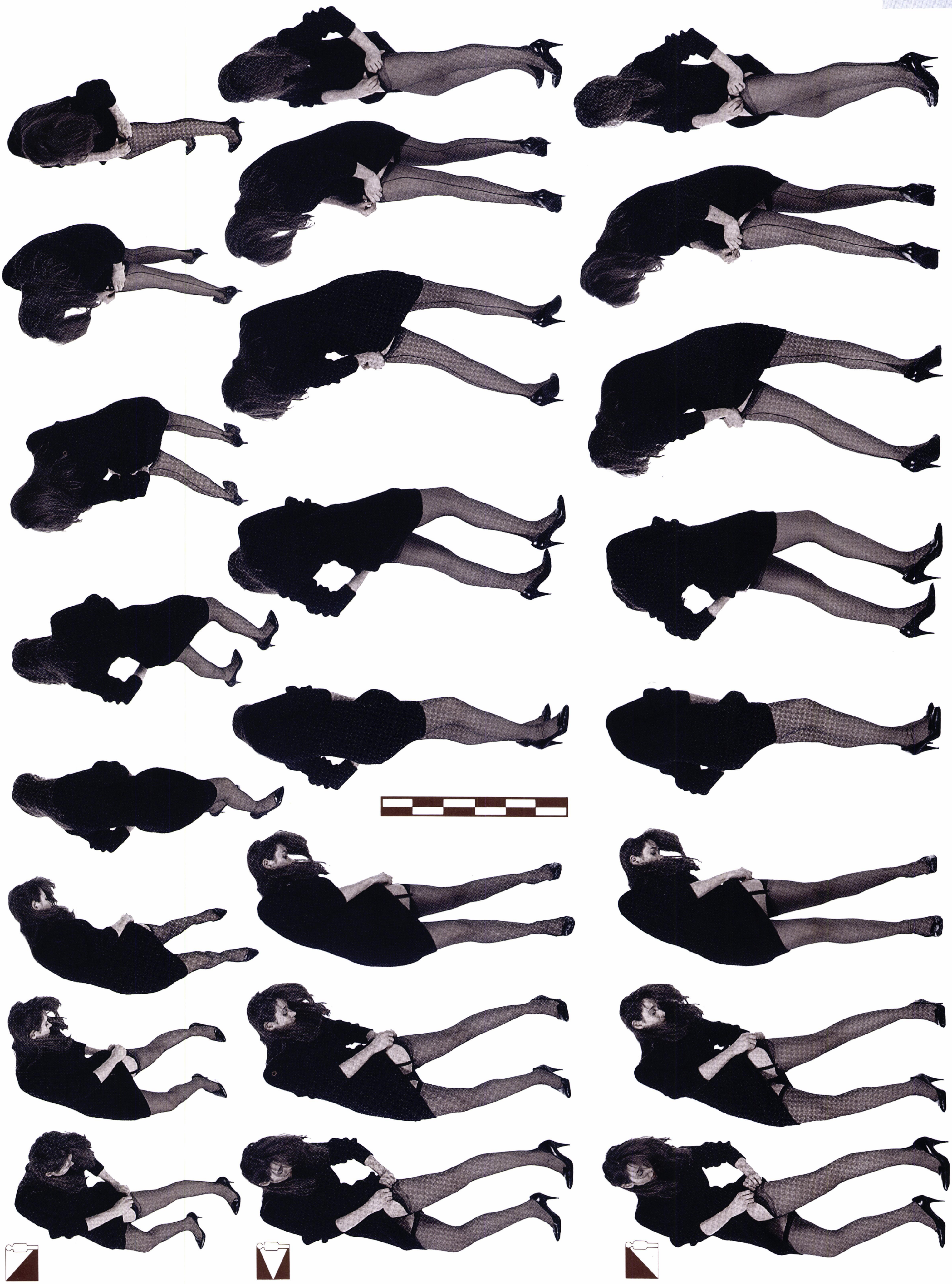


Putting hat on

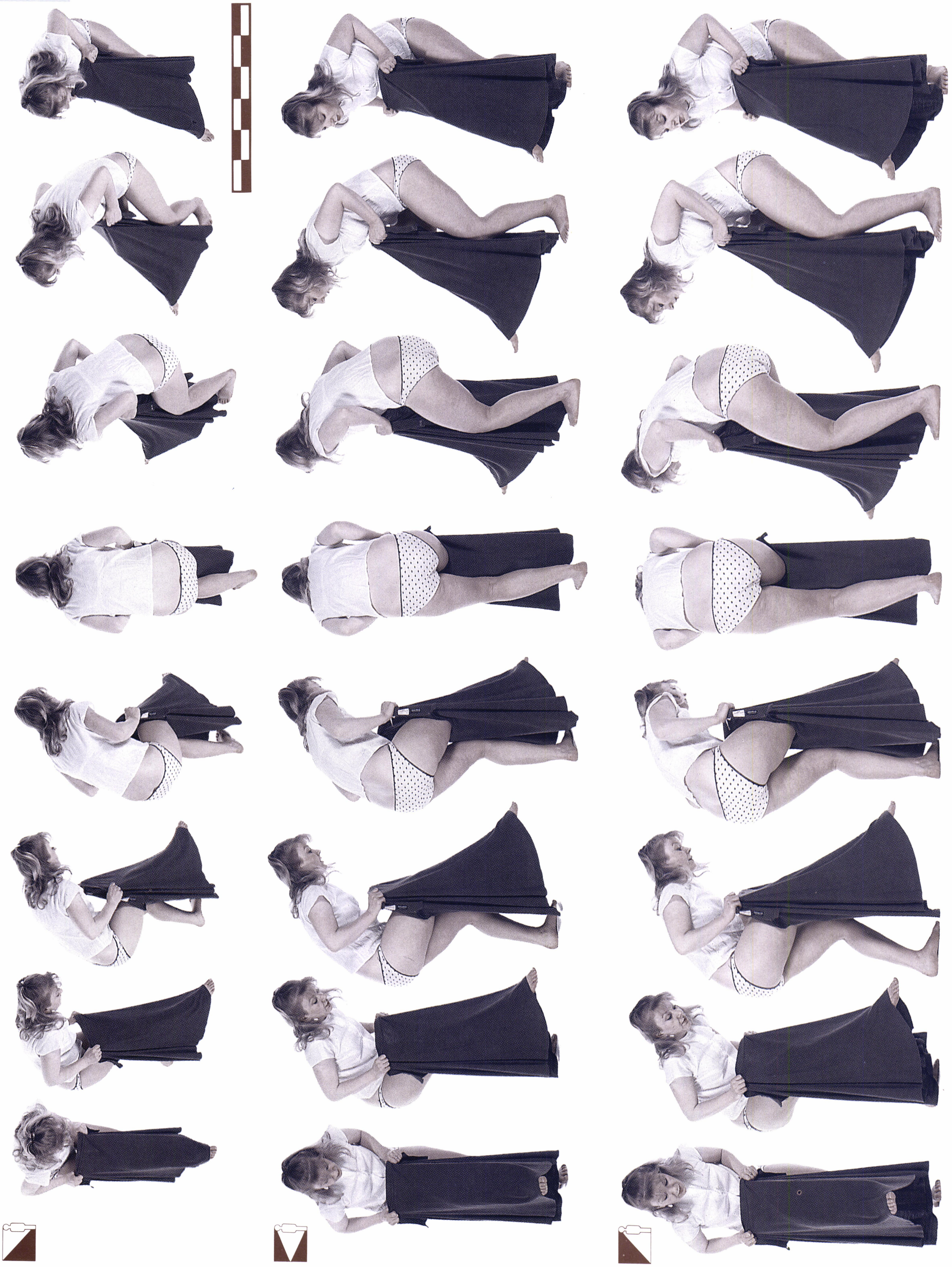


13·02 Putting jacket on

Clipping suspenders

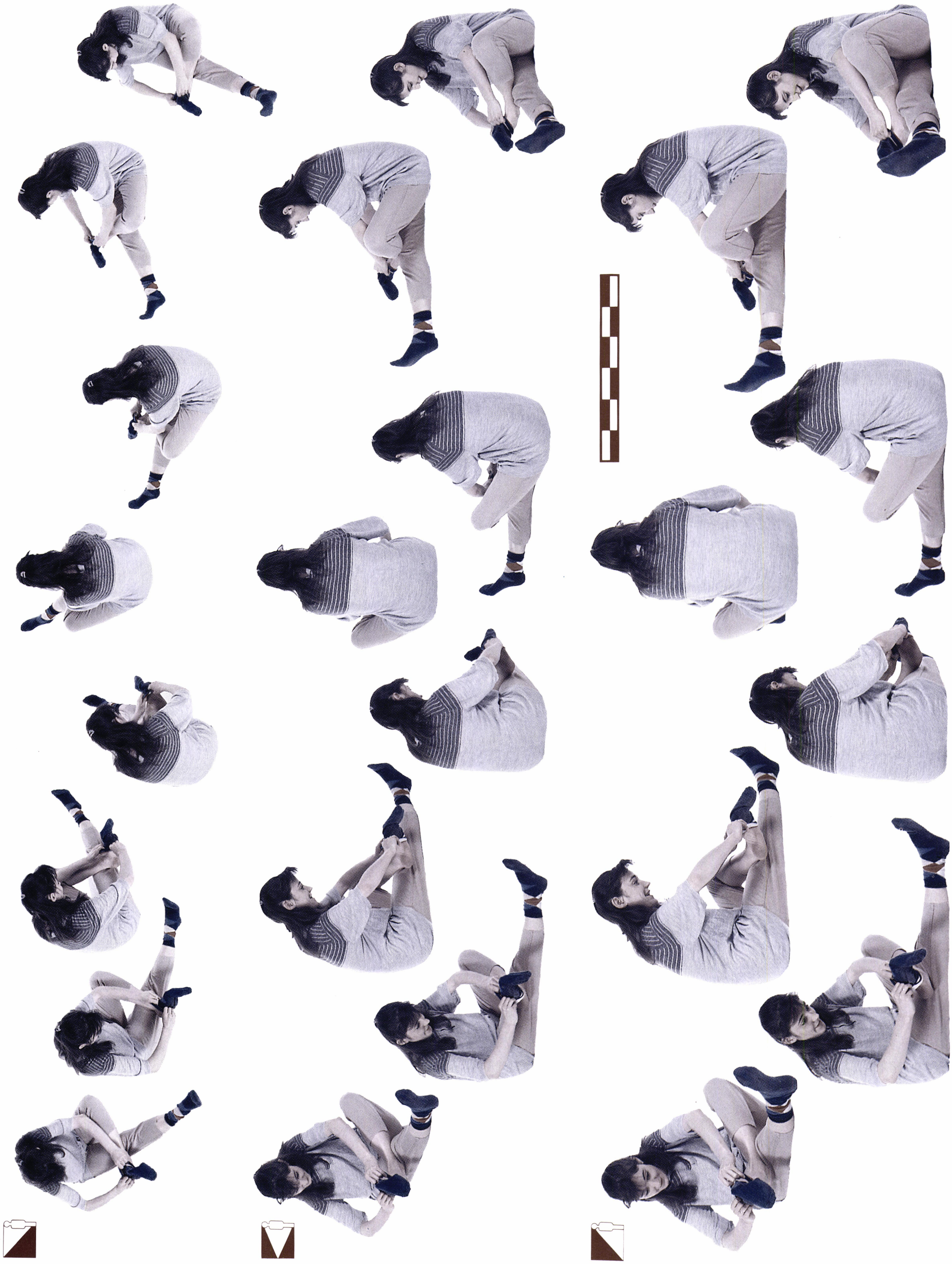


13·04 Putting skirt on



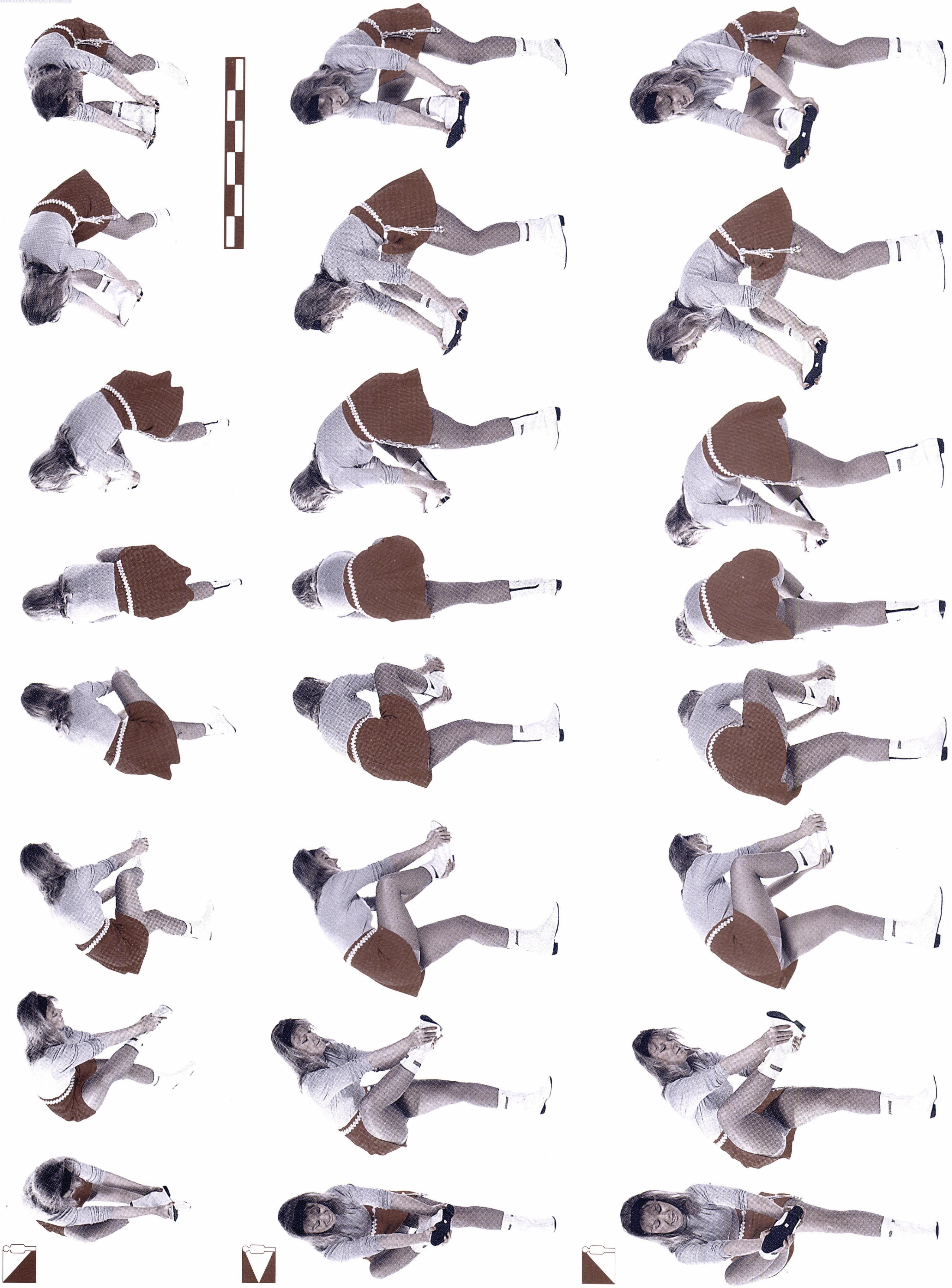
Putting trousers on

13·06 Putting socks on

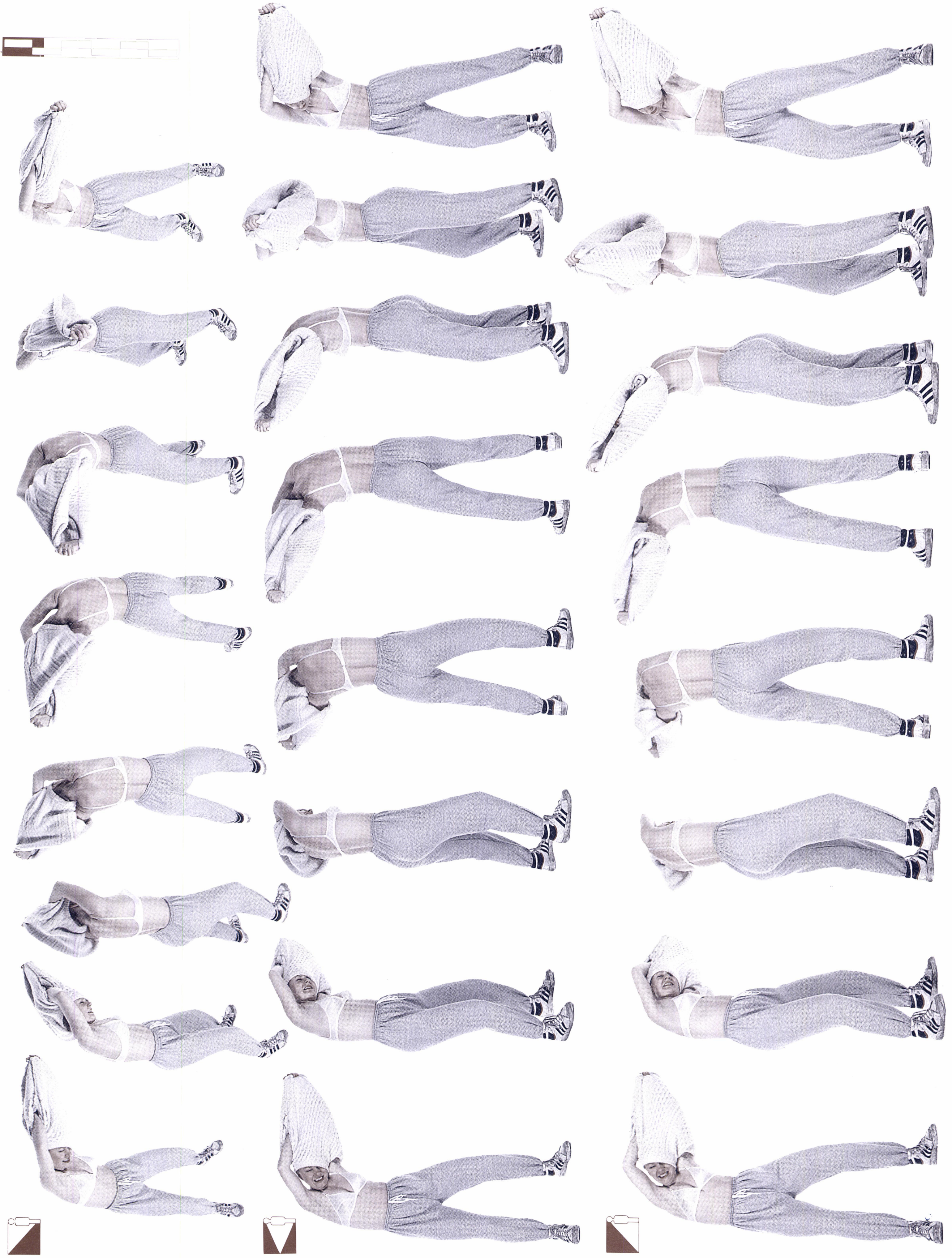


Putting shoes on

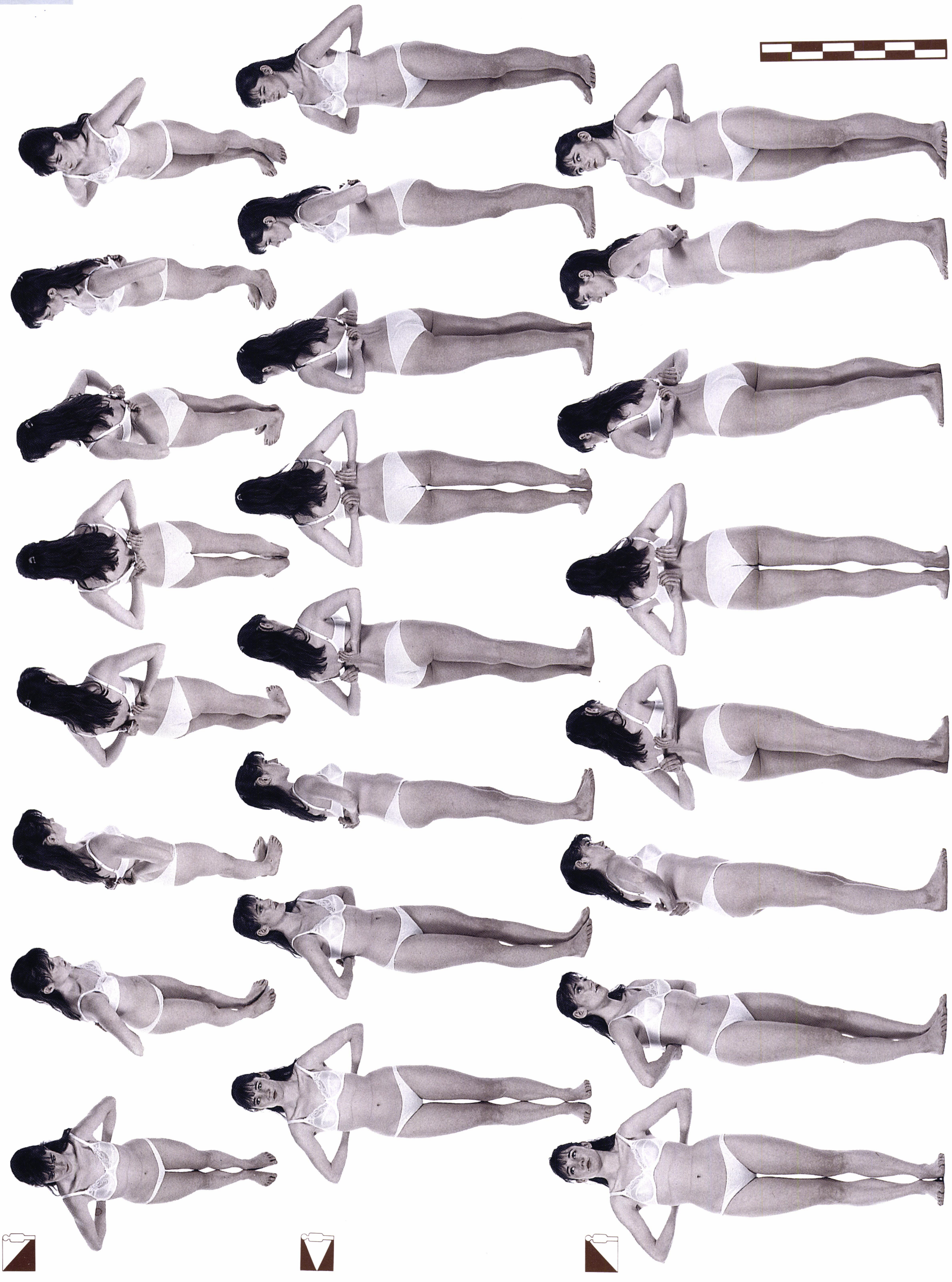
13·08 Taking boots off



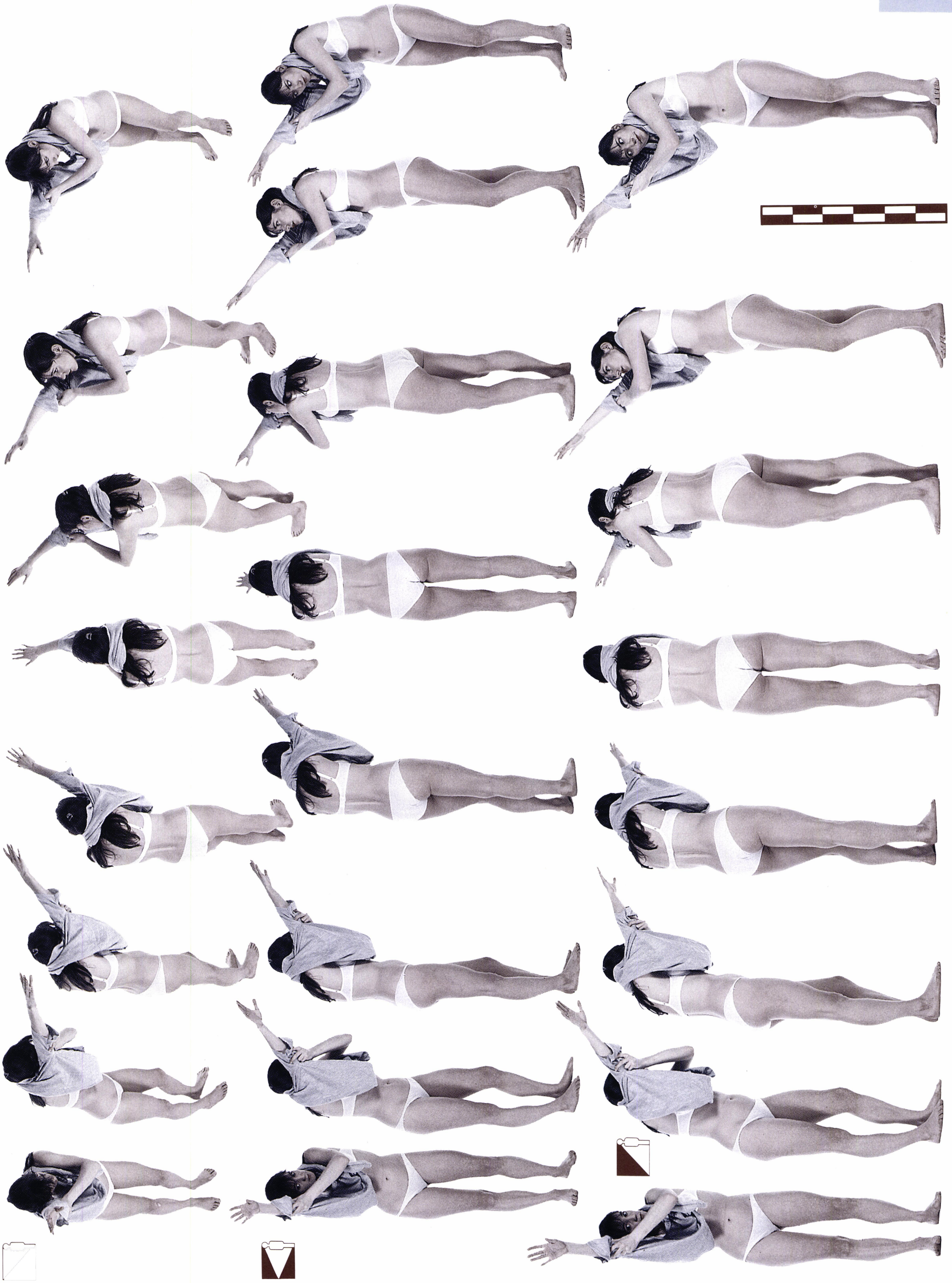
Taking jumper off



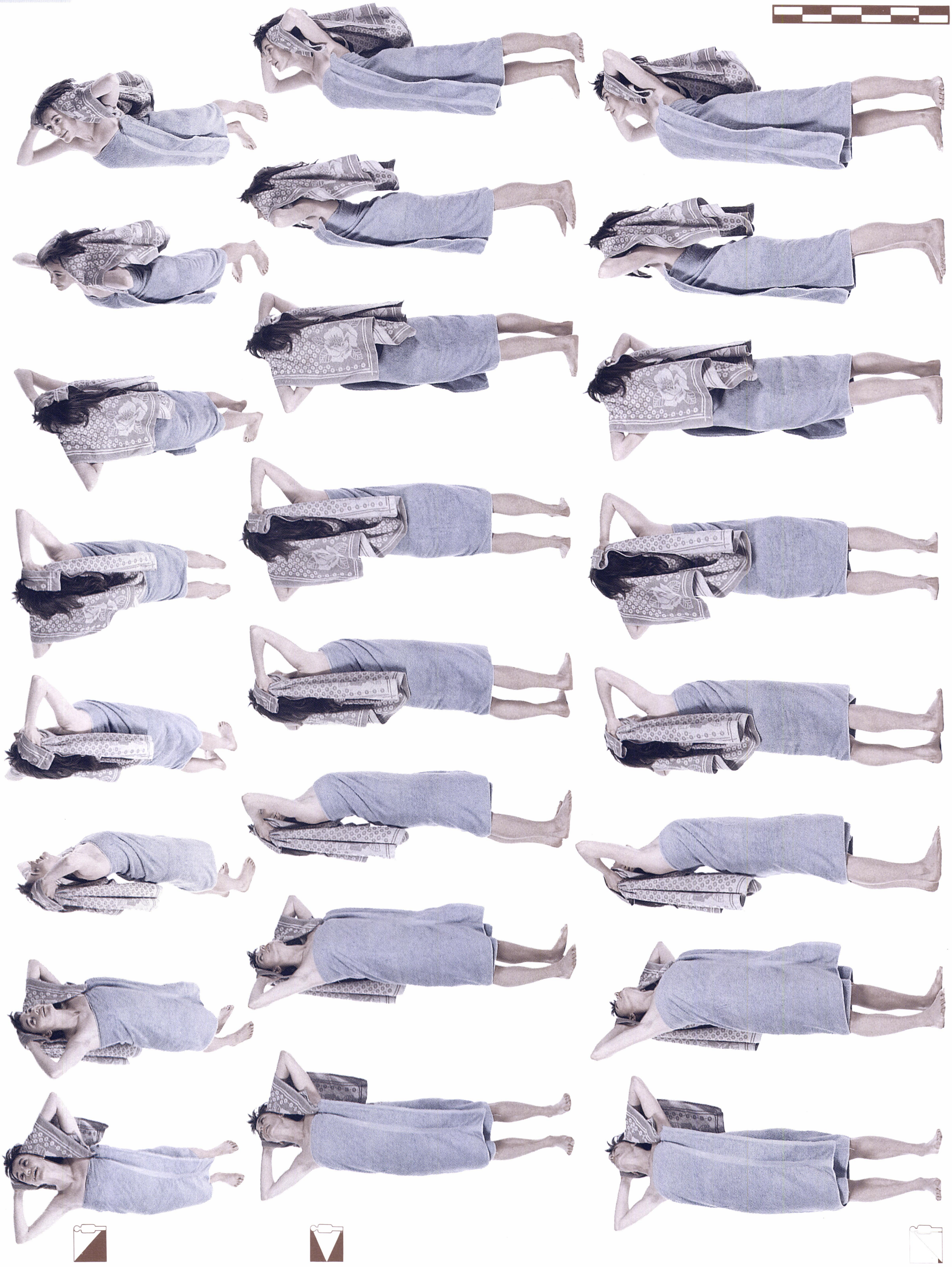
13·10 Clipping brassiere



Putting shirt on



14·01 Drying hair with towel



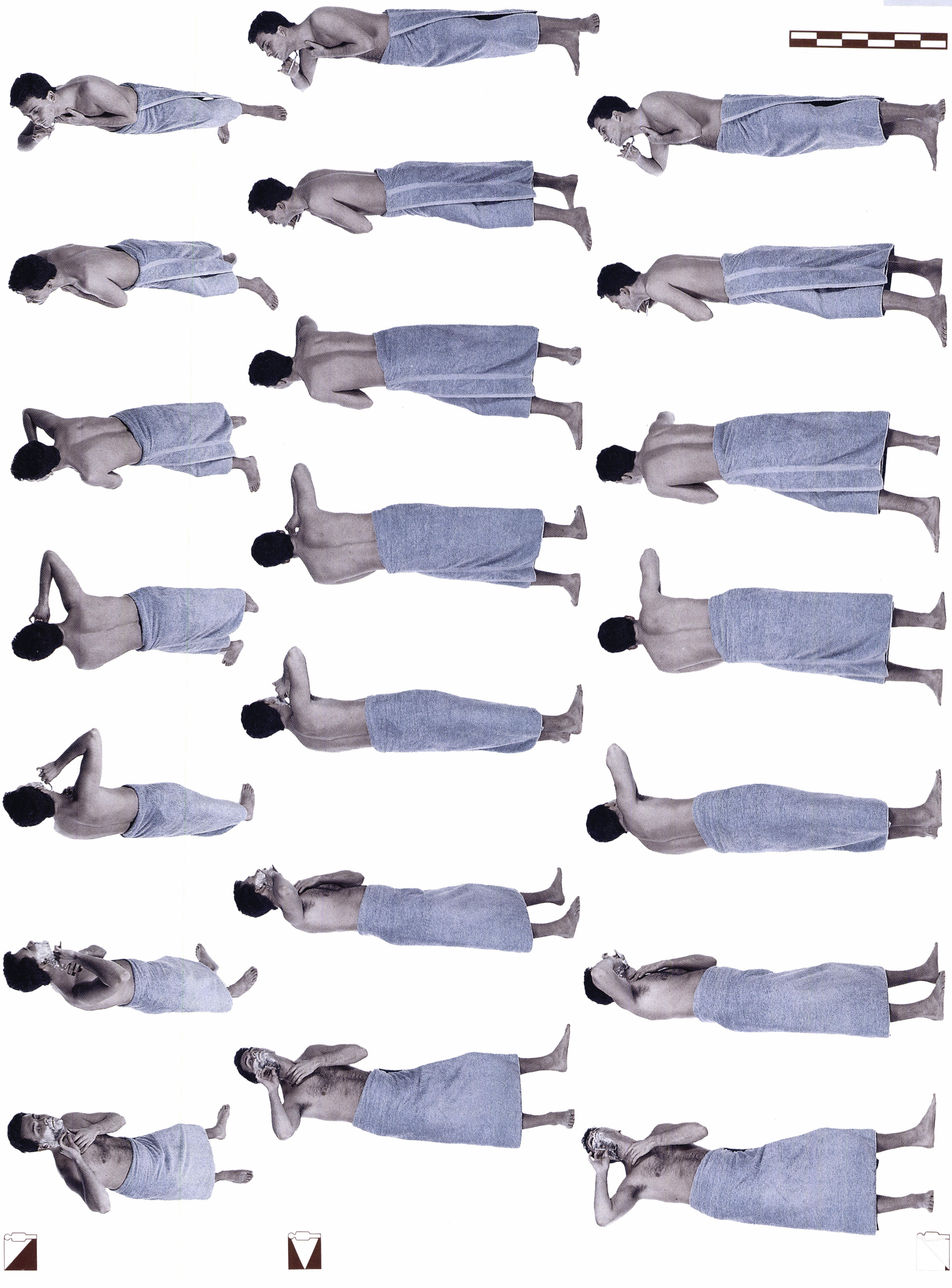
Brushing hair

14·03 Brushing teeth

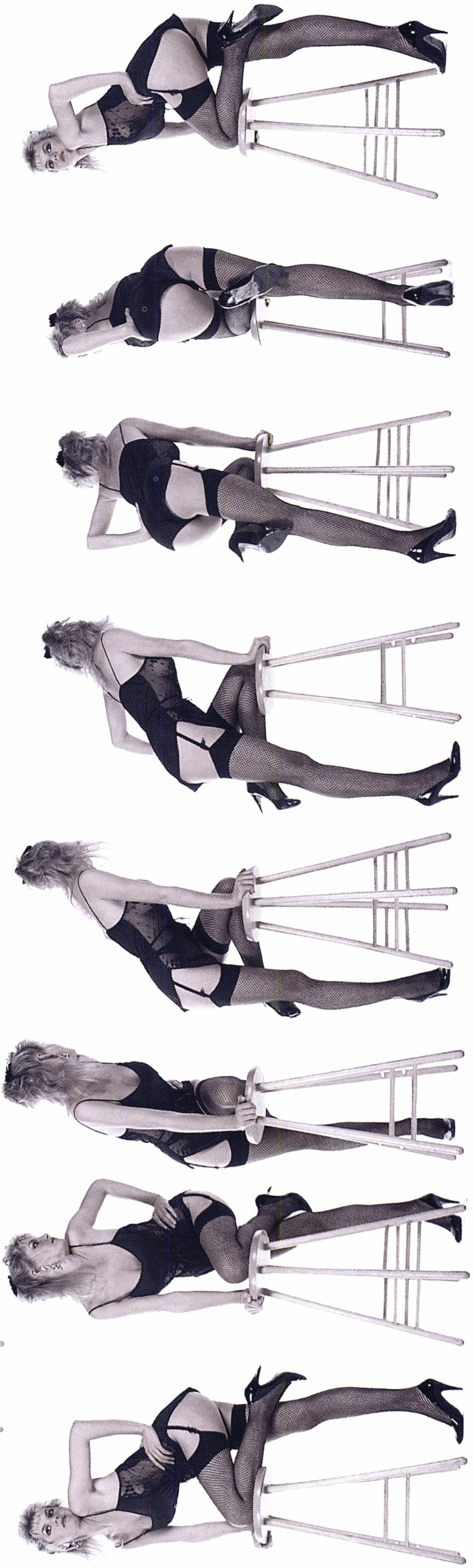
Filing nails

14·05 Touching up lipstick

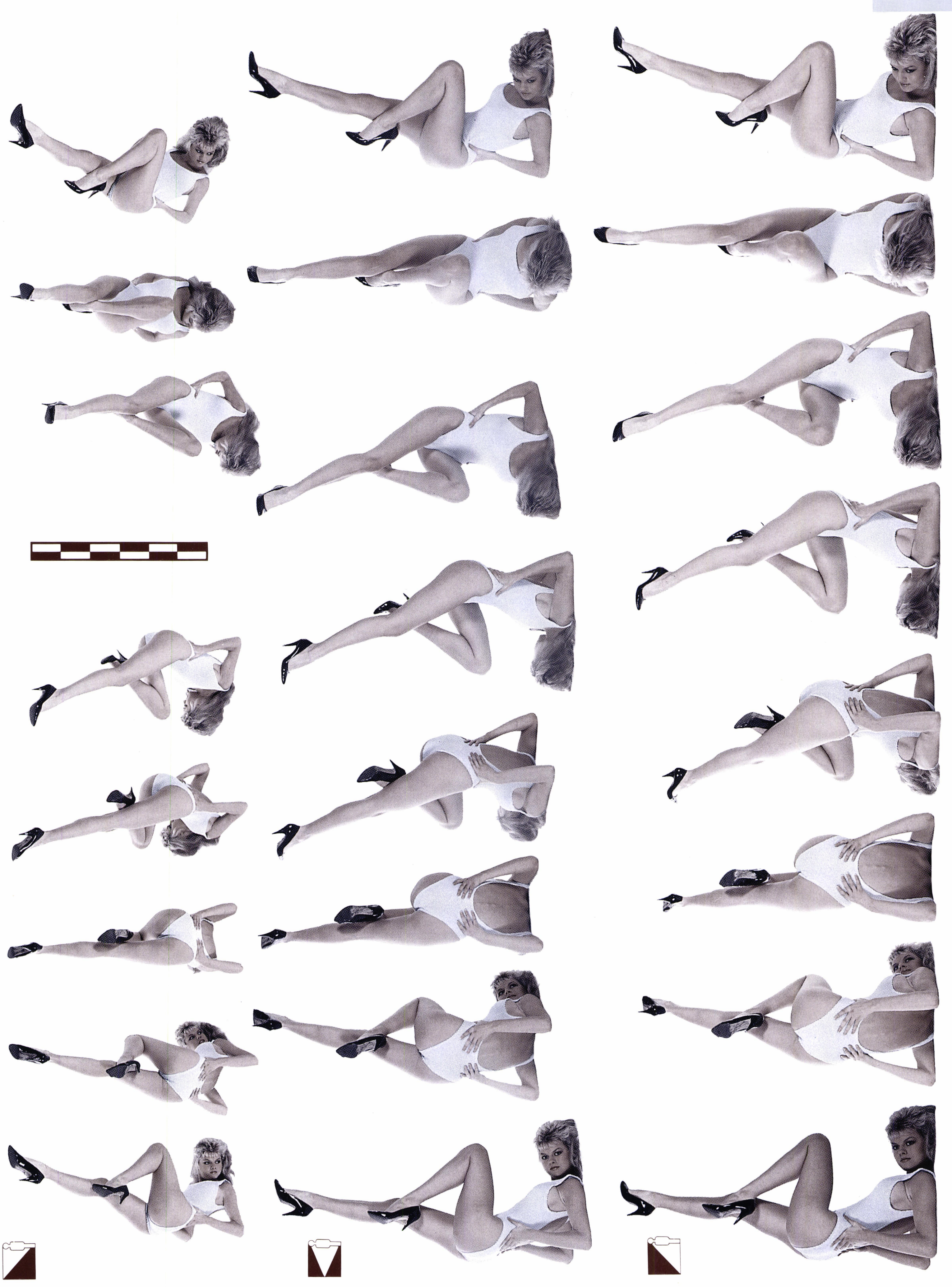
Shaving



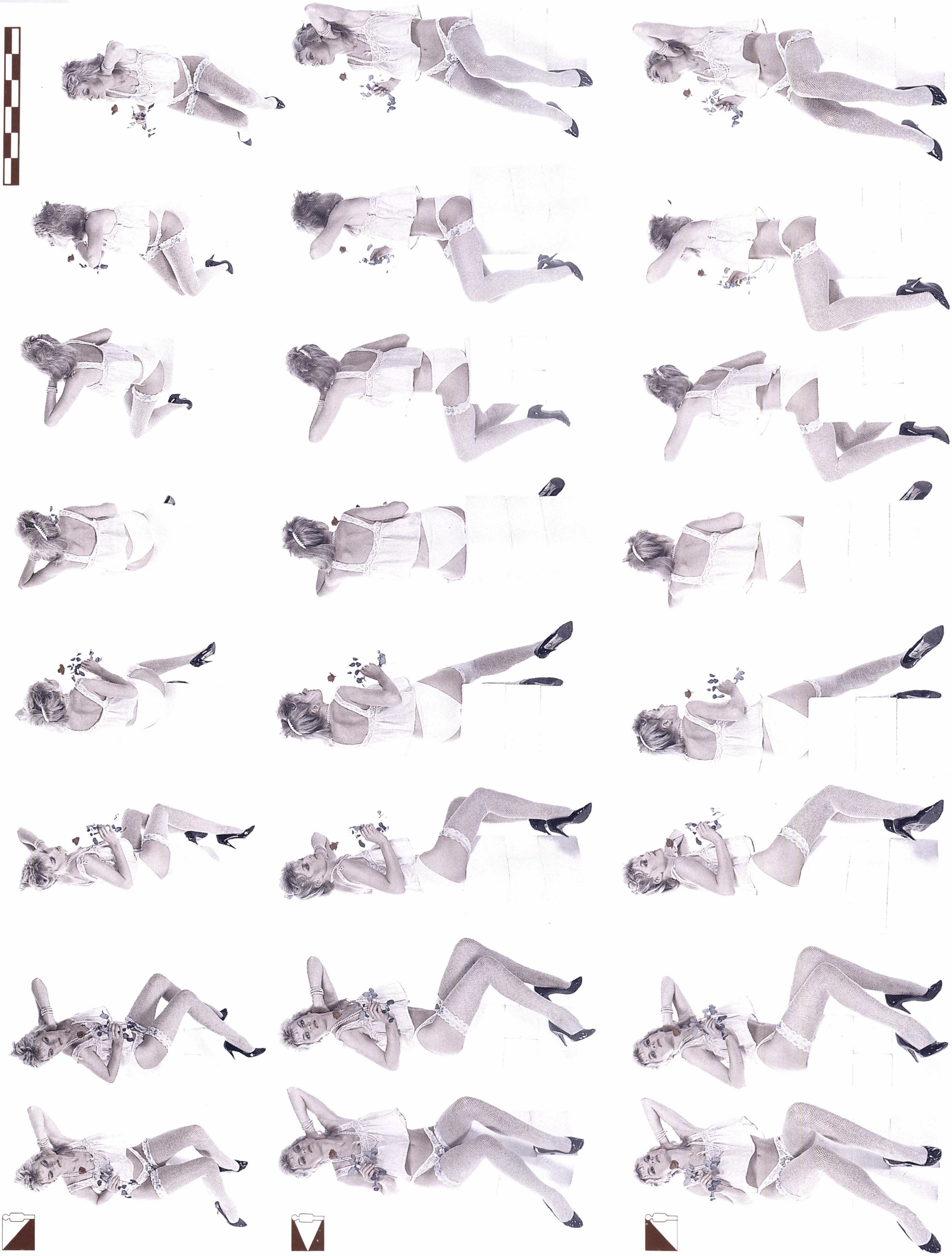
15·01 Cheesecake



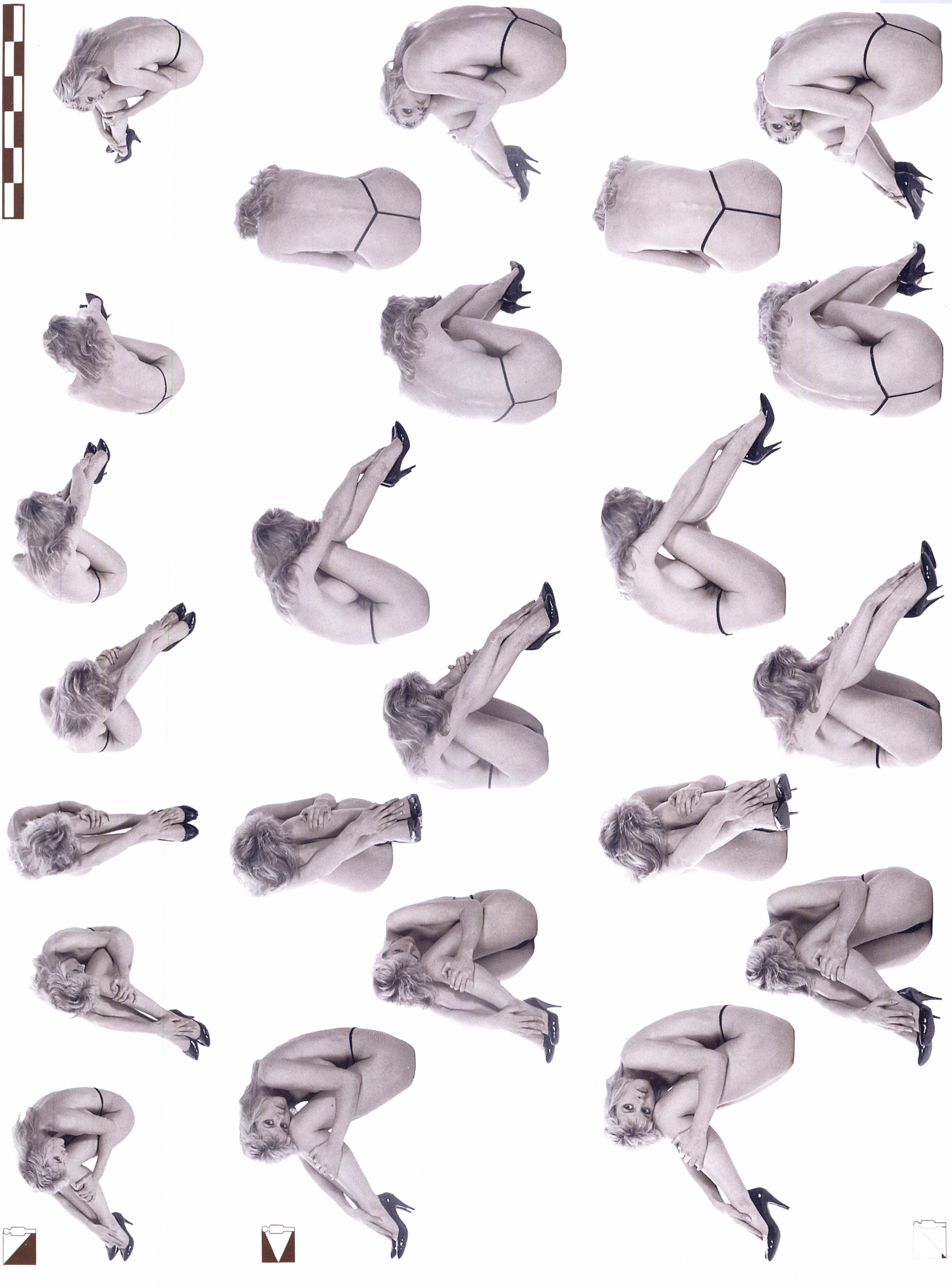
Cheesecake 15·02



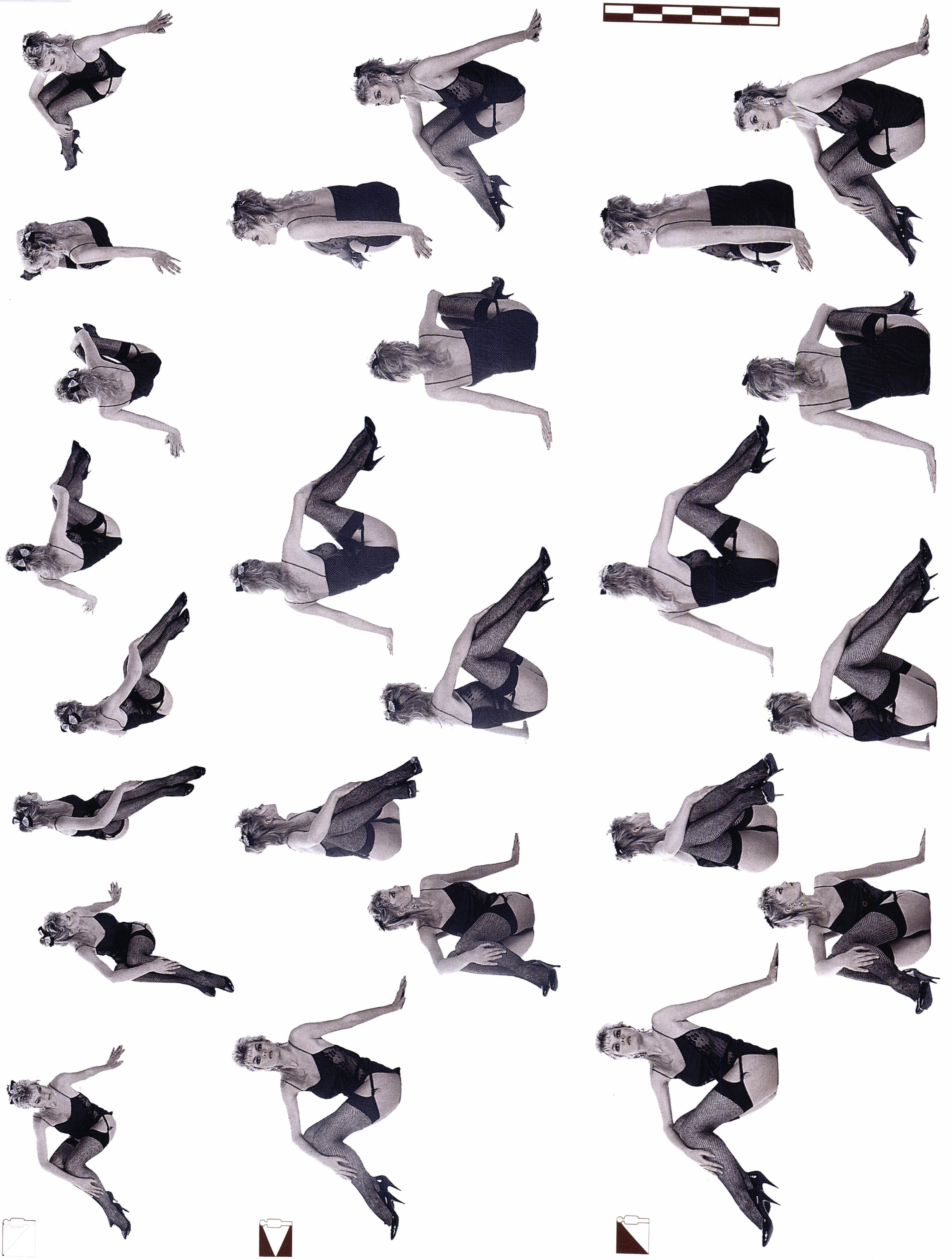
15·03 Cheesecake



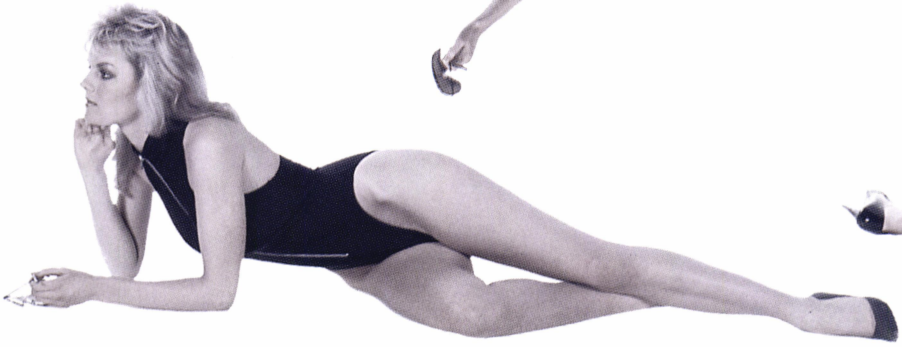
Cheesecake

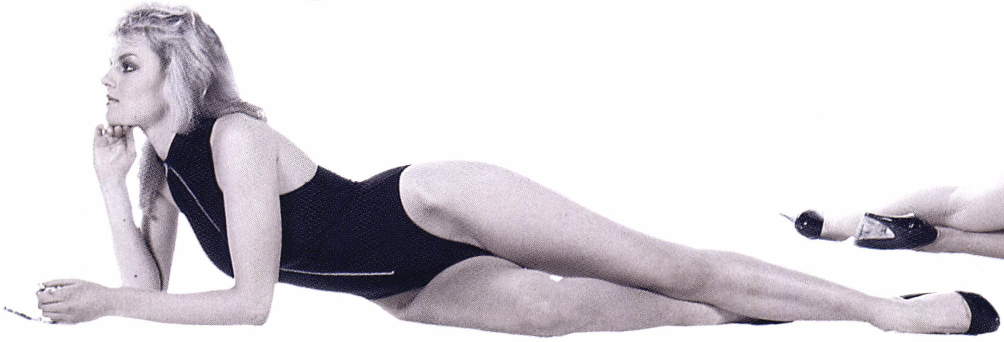


15·05 Cheesecake



15·07 Cheesecake





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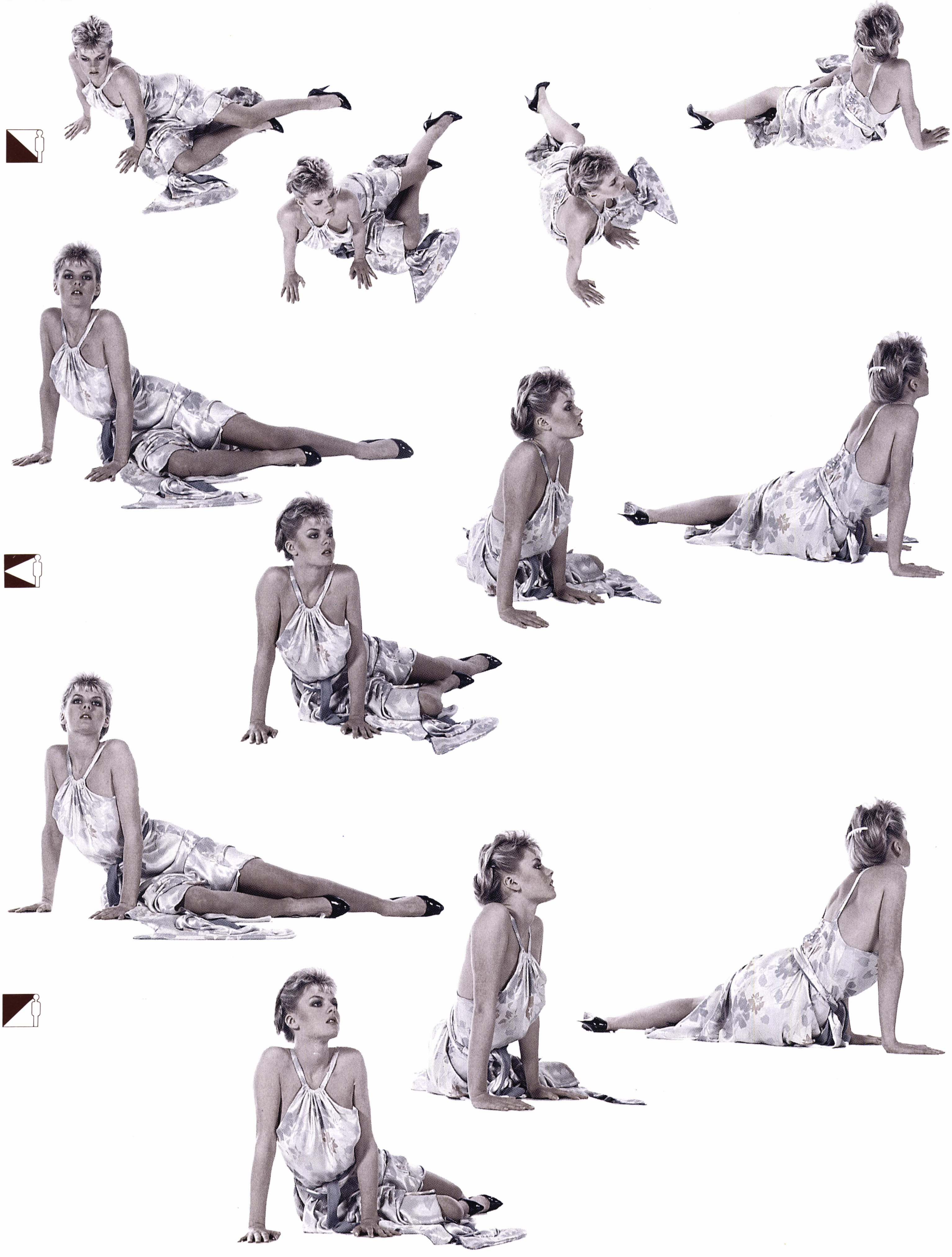
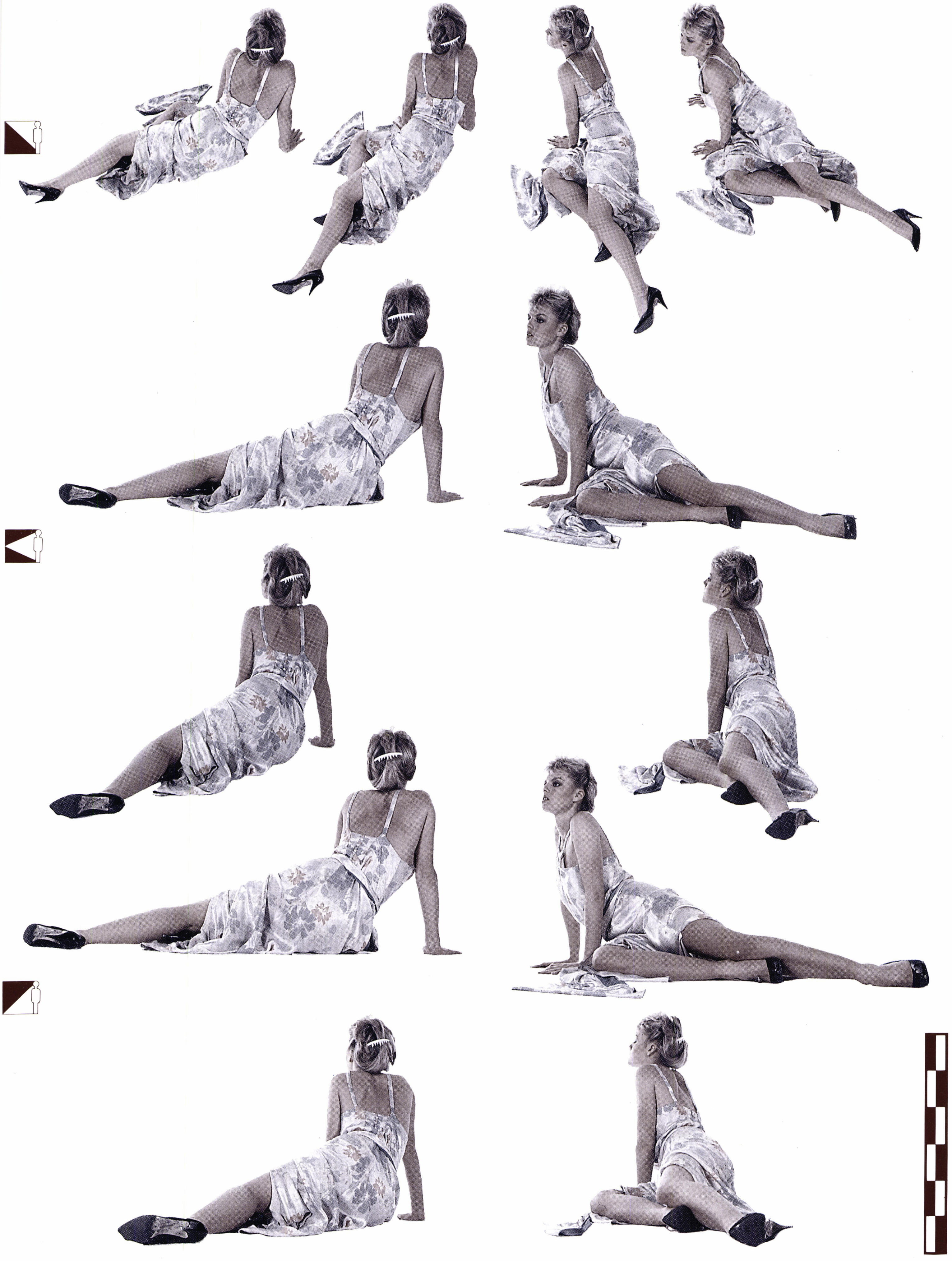
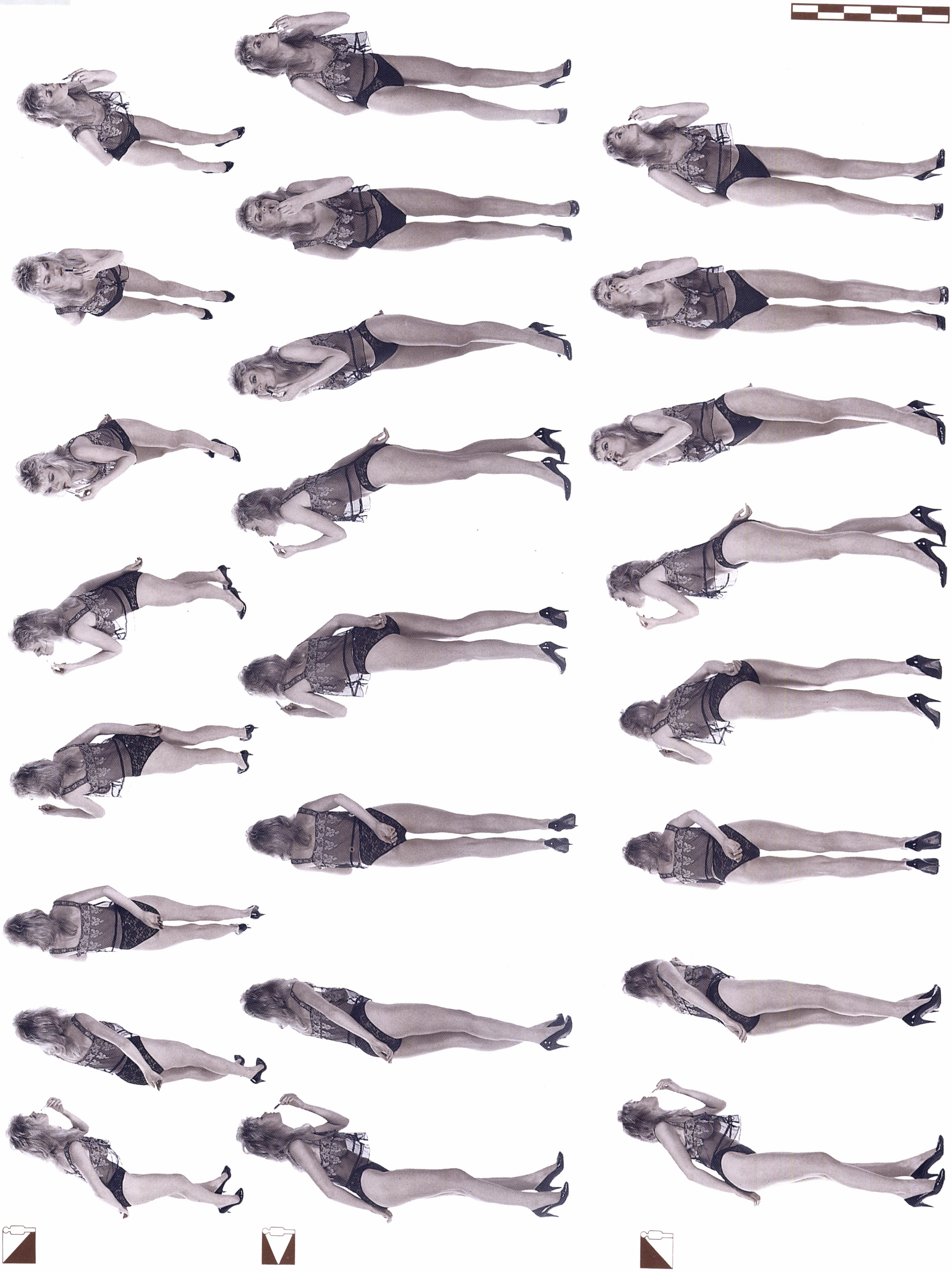




15·09 Cheesecake



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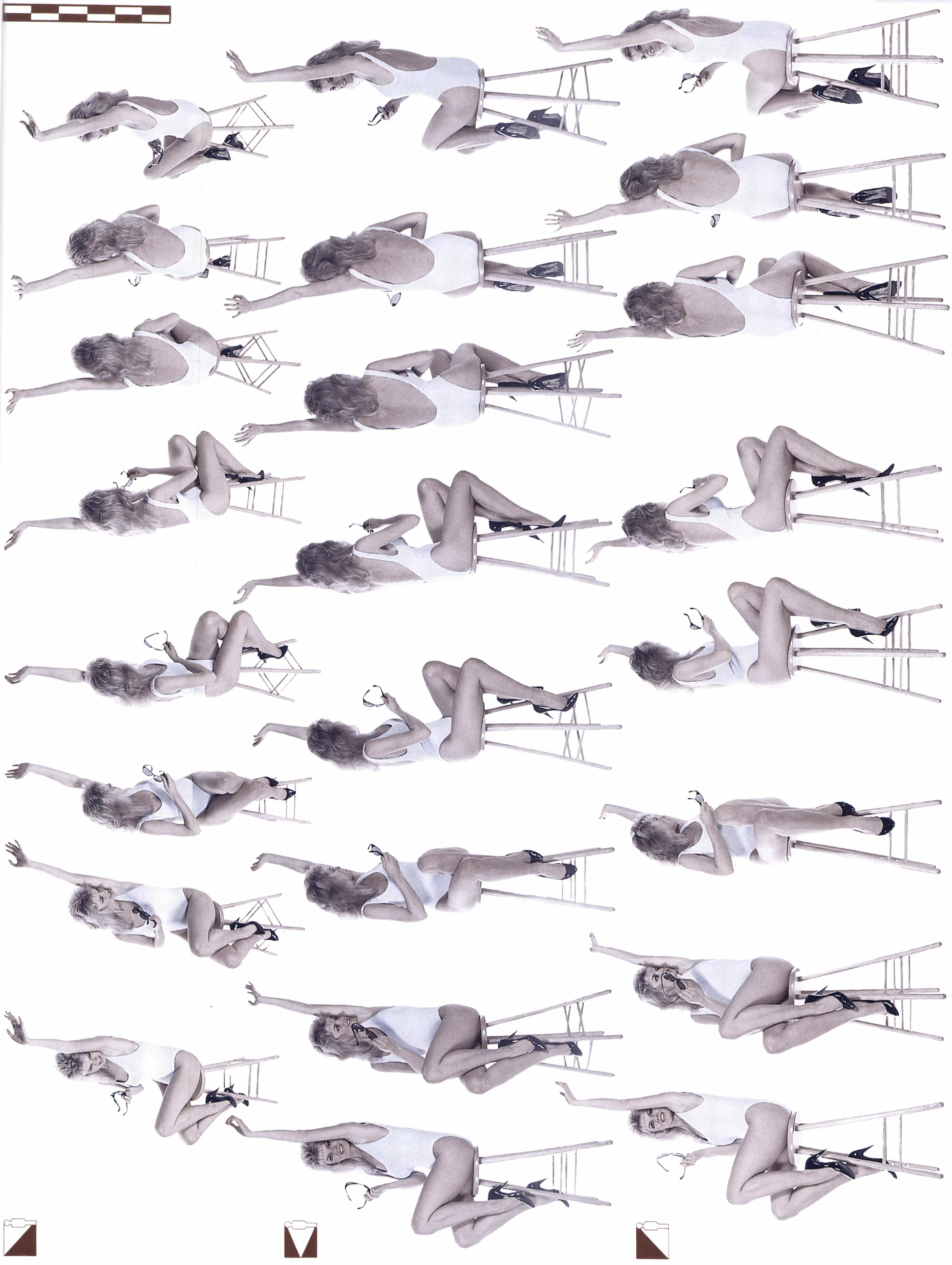
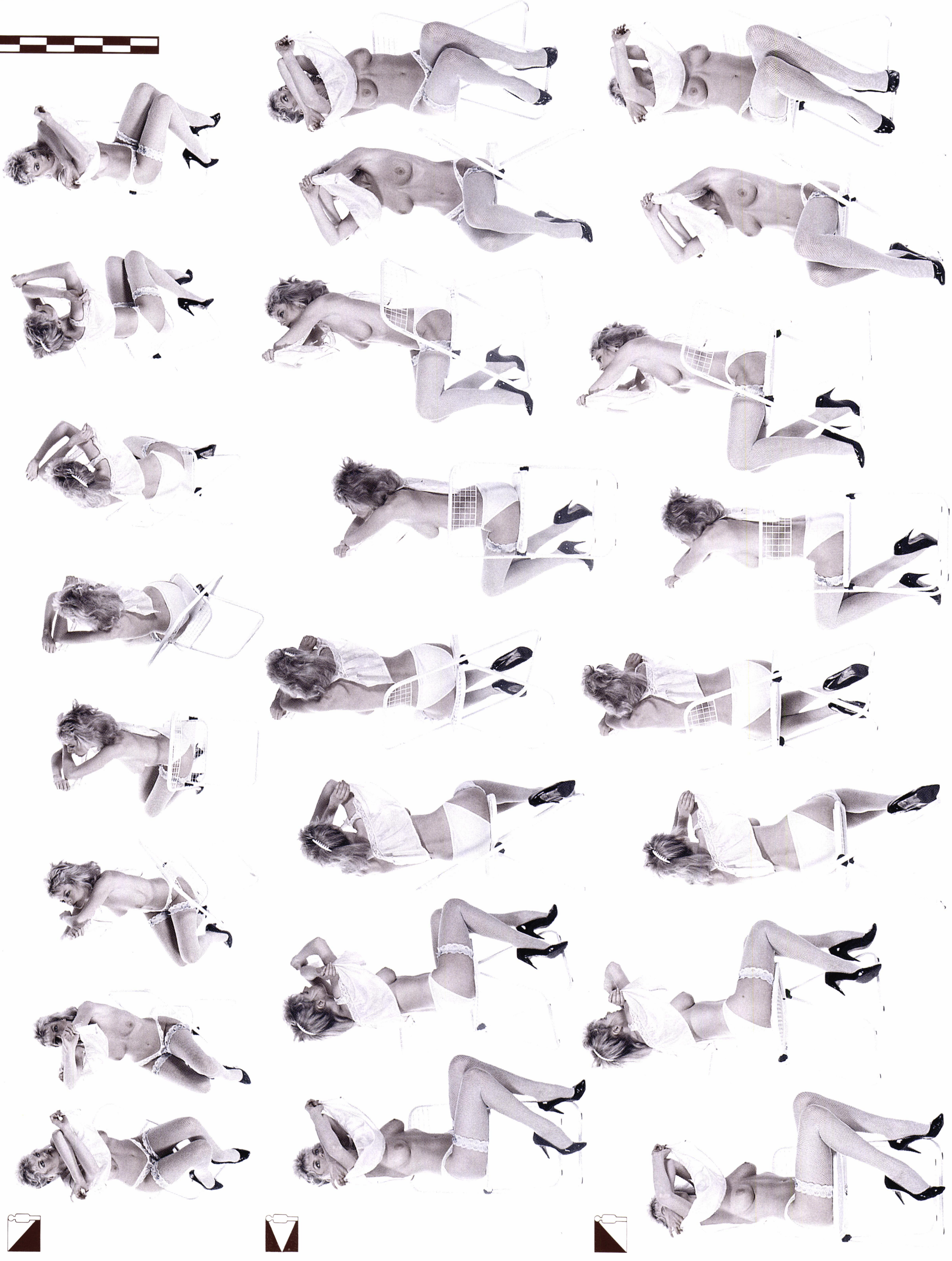
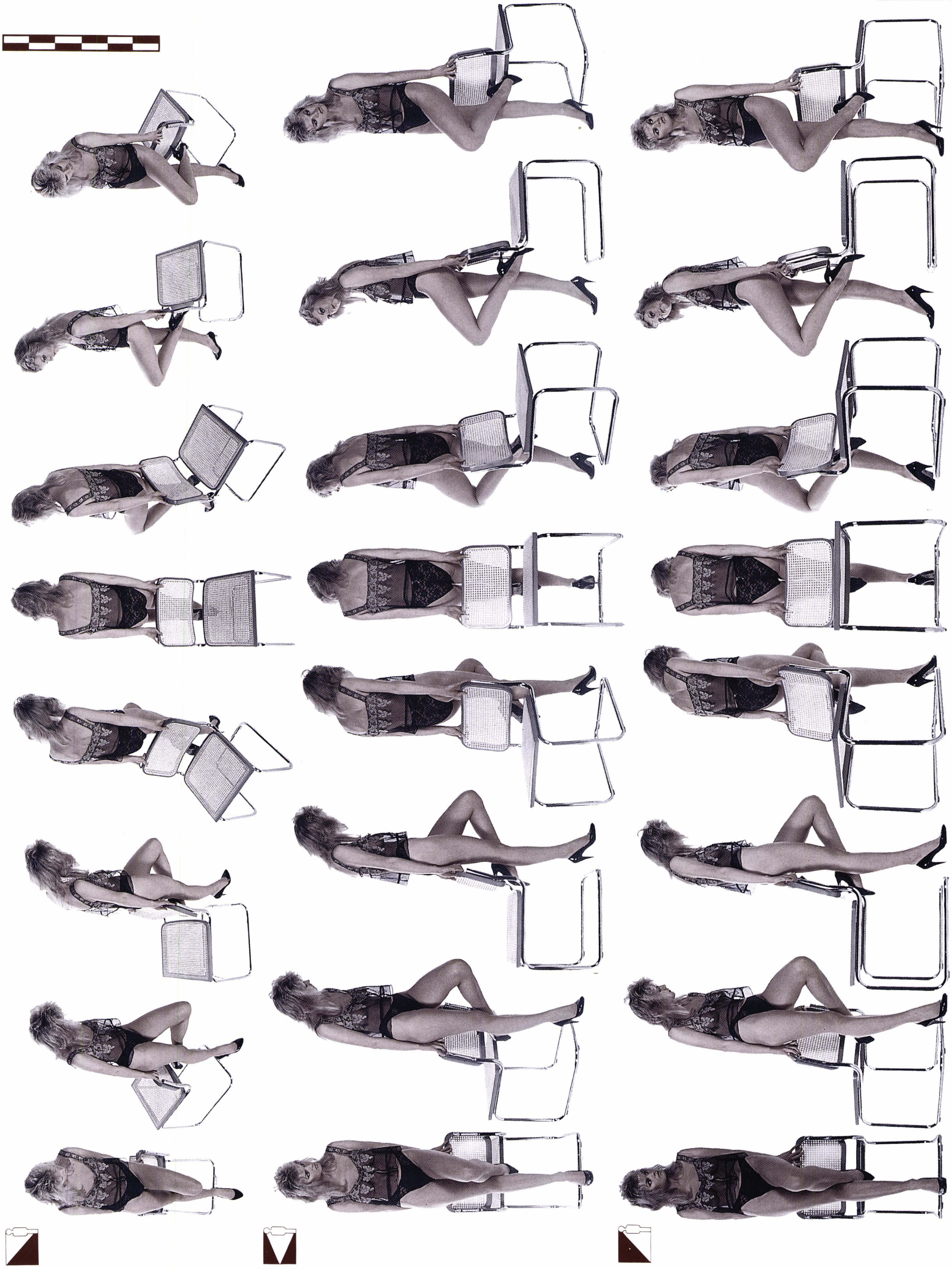


15·11 Cheesecake



Cheesecake



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John Sinnott
Carmen Stipetic

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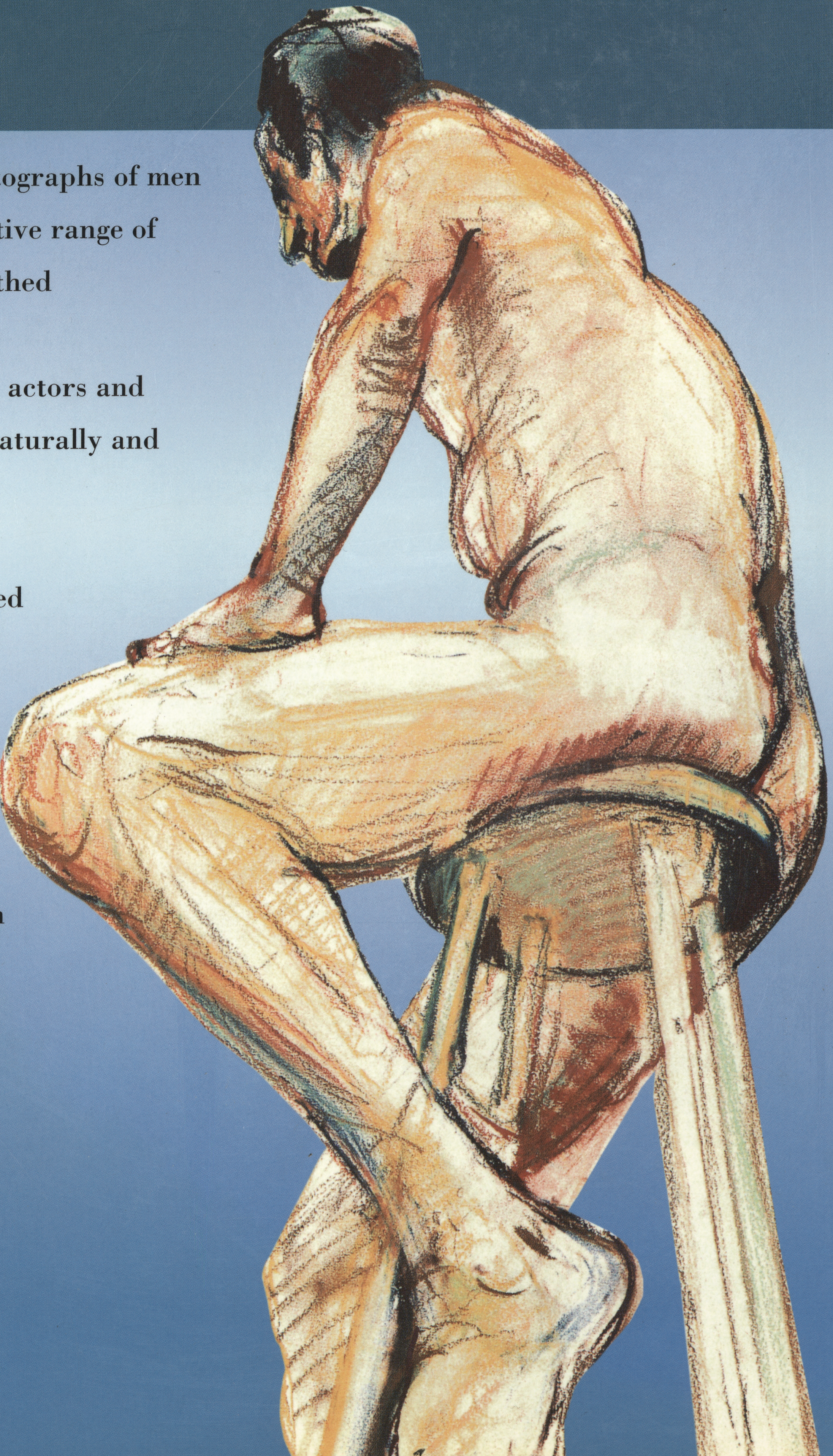

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